

Dear Friends,

Prayer is an ongoing conversation with God which is a natural part of our lives as we move through the day. I take moments, as I get up, when walking my dogs, waiting for an appointment, or in a supermarket queue, or outside the school gate to offer my thoughts to God and to pray for those things which are on my mind or perhaps for the person that I have just spoken to. These prayers may be ones of thankfulness or petition. And I encourage everyone to do this, just take the time that we are given in our busy lives, there may be more spaces than you recognise, and use them for a moment of stillness.

Every year though, I take a short retreat in a convent where I reconnect with the rhythm of prayer which down the centuries has sustained all religious orders, monks, nuns, priests and others. For all that prayer should become a daily reflex it is nonetheless good to set aside a special time when we deliberately come to still the heart and mind and to do nothing other than wait on God. A retreat is out of the question for most people, it is a privilege that I have and am expected to use but for many the demands of family, work and tiredness put it simply way out of reach.

So I want to offer a space and a time this summer to spend in prayer, in conversation with God, to pray for yourselves, your family, those you know who may need help and too to give thanks for the good things we have. As well, this is a space where you may come and talk to me, to share anxieties or hopes to talk to someone outside of the immediate who will listen, without criticism, maybe offer another perspective and sometimes practical advice or help. In other words if you wanted to talk to the vicar this is where you will find him.

As you know we have a rhythm of services on Sundays called TOWN, which tells you where the Sunday services will be on the various Sundays of the month. In debt to my predecessor I shall adopt the same for Morning Prayer which will be held at 8.30 in rotation in each church as follows:

**Beginning on June the 3rd**

**T - MONDAY All Saints Burnham Thorpe**

**O- TUESDAY St. Clements Overy**

**W- WEDNESDAY St. Mary Westgate**

**N- THURSDAY St. Margaret Norton**

**All at 8.30 for fifteen minutes of prayer and then an opportunity for conversation until 9.00**

There will still be a service of Holy Communion at All Saints Sutton on Wednesday mornings at **9.30** as usual.

I am looking forward to being in *every* one of our beautiful churches every week and in each of the communities which make up this benefice.

With prayer and blessings

Steve