

## PRAYER IN OUR PARISH

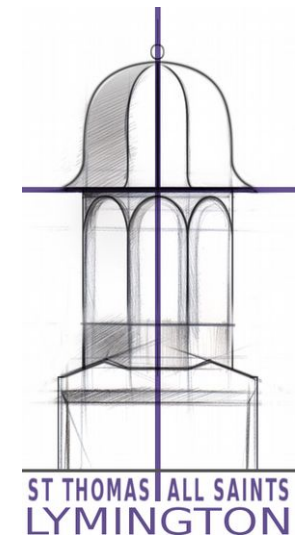
In this parish we believe wholeheartedly in the power of prayer and are always happy to intercede for others: God's answers to our prayers are an encouragement to us all.

May God bless you as you seek to draw close to him. This verse from 1 Peter 5:7 reminds us:

*Cast all your anxiety on him because he cares for you*

## A HOUSE OF PRAYER FOR ALL NATIONS

*Opportunities  
for prayer and bible study  
in the parish*



[www.lymingtonchurch.org](http://www.lymingtonchurch.org)

*Pray without ceasing. (1 Thess. 5 v17)*

*Your word is a lamp to my feet and a  
light to my path. (Psalm 119 v105)*

## PRAYER BOARD IN ST. THOMAS CHURCH

You may attach a prayer card to the prayer request board at the back of St. Thomas church. Your request will be kept on the prayer list for one month unless you wish to extend the request by indicating on the card.

## PRAYER CHAIN

If you wish to be prayed for by a dedicated prayer chain team please contact the Parish Office, telephone 01590 676194 or email [office@lymingtonchurch.org](mailto:office@lymingtonchurch.org).

People on the prayer chain pray as soon as possible on receiving the request and understand the importance of confidentiality.

## PRAYER MINISTRY

A team of trained, committed men and women meet regularly to pray for people and issues relating to parish life. We take part in Prayer Days and welcome new team members.

Please contact Rosemary Marcuse on 01590 642340 if you would like to know more.

## THE HEALING MINISTRY

Prayer for healing includes physical, spiritual and emotional healing. "Laying on of Hands" is available during the Sunday 9.15am Eucharist at St Thomas about five times a year. You can request healing for yourself, a family member or friend. See our website [www.lymingtonchurch.org](http://www.lymingtonchurch.org) or the weekly news sheet to confirm date and time of this service.

## HOUSE GROUPS

A number of house groups meet within the parish:

- to deepen understanding of our faith through Bible study, discussion and prayer
- to offer mutual support and friendship
- to reach out into the local community, particularly to the unwell and to newcomers.

Most groups are formed in specific areas to make contact easier.

Contact Rina Miles: 01590 678091

## JULIAN MEETINGS

Julian Meetings are groups of people who meet regularly in order to grow in the practice of contemplative prayer in the Christian tradition. There are many groups around the country and also a few worldwide.

Groups are ecumenical and no previous experience is required. Contemplative prayer is a way of prayer in which the individual seeks to be aware of the presence of God and to remain silently, attentively in that presence: to be completely open to God.

Meetings are held once a month on a Monday afternoon. Plenty of explanation is given before the time of prayer, and tea and coffee are served afterwards.

Contact Sarah Salisbury: 01590 673847.