

Growth Ideas 101: Prayer Times

Prayer practices -- a prayer meeting, a prayer group, a prayer list, prayer prompts, prayer cards, prayer walks, prayer writing, invitations to pray? Whether prayers are formal or informal, individual or shared in a group, prayers are wonderful ways to keep building community, sharing our care and concern. One church might do a weekly prayer group on zoom and whether or not people can join, the community knows prayers are happening on a particular day and time with intention to offer thanks, share needs for the church and its wider neighbourhoods. Some people put prayer requests anonymously in a box, on a plate, submit online, trusting someone or a group of people will respond. Some people add a prayer to their forms of outreach, attaching short prayers to food boxes, warm apparel for cold days, blessing bags. Some people organize prayer walks or prayer drives, done on their own or done as groups as one of their spiritual practices. Ecumenical prayer groups are connecting people across faith groups. Prayer shawl ministries can often be found, or other crafters making prayerful creations. Some people are providing prayerful presence for local activities and events. Some groups hold prayer vigils in times of stress, crisis or big decision-making needs. Some people are gathering discussing and writing prayers. If you would like to discuss ways your community of faith can explore strengthening prayer practices as an individual or a group, please reach out. If you have prayer practices, please reach out and share your ideas.

To explore these ideas or to reflect on what might fit your context, please contact me, Sharon Ballantyne, growth animator, at 506-306-0500 or by email at sballantyne@united-church.ca You are also invited to a virtual 30-minute drop-in conversation each Wednesday morning, beginning at 9:45 a.m. Atlantic (10:15 a.m. Newfoundland and Labrador). Contact Sharon for the Zoom link.