

You are invited to  
**WITH OPEN HANDS**  
A Quiet Day at St Peter's Whitstable

**Directions:**

**By bus:** The Triangle Bus and numbers 4 & 5 stop near St Peter's. Harbour, Harbour Street and Horsebridge Bus Stops are just a few minutes walk away.

**By train:** St Peter's is about 12 minutes walk from Whitstable Station where there are taxis and buses 4 & 5.

**By car:** St Peter's is at the corner of Sydenham Street and St Peter's Road at CT5 1HL. The nearest car park is Gorrell Tank at CT5 1BZ. Its entrance is by Westgate Terrace.



A day of prayer and reflection for body, mind and spirit to be led by Rachel Michael, therapist and teacher of embodied prayer at St Peter's Church of England Church, Sydenham Street, Whitstable CT5 1HL on Saturday 5th October 2019 from 11am until 4pm.

A light lunch will be provided. Coffees and teas will be served from 10.30 am and at 4 pm.

There is no charge but donations towards the costs of the day will be welcome.

If you wish to come, or have any questions about the day, please contact Christopher or Kitty Morgan-Jones on 01227-271172

E. cmorganjones1@gmail.com

Rachel will introduce participants to a mindful approach to the use of simple gestures in prayer and reflection, focusing on becoming more open to God's presence and the flow of God's grace in our lives. We will reflect on our experience of the spiritual journey and draw inspiration from the writing of spiritual teachers within the Christian tradition. Rachel has been teaching embodied prayer for many years. Her teaching helps people to connect with the body and movement as an expression of the inner life.

Participants are free to engage with activities according to their abilities and limitations so that no one is excluded.

**Timetable:**

10.30 am - 11 am Refreshments are served

11.00 am - 12.30 pm Session 1

12.30 pm - 1.00 pm Quiet Time

1 - 2 pm Lunch (which is provided).

2 - 3 pm Session 2

3 - 3.30 pm Quiet Time

3.30 - 4 pm Evening Worship

4 pm - Refreshments are served

St Peter's Church is accessible to wheel chair users and has a disabled toilet.