This workshop offers a rare opportunity to share something of our spiritual lives and practice.

We will consider how forms of collective and individual prayer in different traditions are reflected in our own spiritual practice if we have one.

We will explore the practice of contemplative prayer and the possibility of an entire life lived as prayer. Is prayer the same as worship?

What is Prayer?

# **A workshop by**

# **Jennifer Kavanagh www.jenniferkavanagh.co.uk**

# **at Jordans Quaker Meeting House**

# **On 11 November**

# **10am – 4pm**

# Bring a packed lunch; tea & coffee will be provided.

# **£15 per person – please book at: office@jordansquakercentre.org**

# **More information at www.jordansquakercentre.org**