

Reflect

Methodist Spirituality and Retreats

REFLECT QUIET MORNING (via Zoom)

Friday 16th or Saturday 17th October 2026



Growing in prayer and compassion

with Julian of Norwich

9.30am - Welcome, Introduction & Prayer

10.00am – Session 1: Prayer draws the soul to God

11.00am – Session 2: Wellness? – what might such believing mean?

12 noon – Conclusion & Closing Prayer

To end by 12.15pm

The event will be led by Malcolm Knowles – Methodist deacon & membership secretary of Reflect

If you would like to attend please email Lynne Tonge 2tonges317@gmail.com
stating which date you would like to book

There is no charge for this event but donations (suggestion £12)
may be made by bank transfer to support the work of REFLECT

(Reflect Bank Details: Lloyds Bank, Sort Code **30 96 18**, Account no. **02833113**
please quote '**Quiet Day**' as a reference for your payment – Thank you!)