



Sacred Spaces

Wednesdays
3:30pm 4:30pm
St Oswald's Church,
Bollington

Stillness Contemplation Music
Prayer Meditation Refreshments

Humans have always had sacred spaces. Places or buildings marked out as special where communities go to pause from their daily tasks and take time to pray, to ponder the mysteries of life and death and to engage in actions – rituals – that help to make life meaningful rather than meaning-less.

Christianity is no exception. We have churches and cathedrals, graveyards and wayside shrines, monasteries and hermits' cells.

Visiting a sacred space is a spiritual practice that millions of people engage in and which can provide rest, refreshment and relaxation.

St Oswald's is one of Bollington's sacred spaces and we'd like to invite any and everyone to drop in and light a candle for someone you love, have a cup of tea and just sit a while, where the prayers of Bollington people have been offered for over 100 years. If the board is outside, we're open.

In particular we'd like to invite you to our Sacred Space Hour on Wednesdays from 3.30 to 4.30 when, in addition to the candles and the space, there will be opportunities to explore ancient Christian prayer techniques like meditation and contemplation – activities that modern science now tells us support our mental health and well-being.

If you want to learn these techniques there will be a small, led group in one part of the church, with a tiny bit of teaching and 10 minutes or so of practice.

In the rest of the church you can move around, listen to music, engage in contemplative craft work, or just sit and be. And if you want to ask for prayer for someone you love, we have cards you can fill in, or just find someone and ask.

If you would like to contribute a craft activity that you feel might be done meditatively do let me know. St Oswald's is YOUR church, your sacred space. Whatever your beliefs, it is a place of beauty and peace. It belongs to you.

Rev. Jenny

