



Daily Blessings

Building resources and relationships for spiritual growth.

"How we spend our days is,
of course,
how we spend our lives."

Annie Dillard

What do you long for?

Most of us live each day in tension between what we want for our lives, and what actually happens. Some days seem just too busy to do the things that matter. There's no time for friends, for family, for rest or creativity. Sometimes it's hard to find time just to be.

We live at a time when there are huge demands on our time and attention, but the challenge we face isn't new. Every religion in the world has a way of talking about how we make choices, and how the choices we make come to shape who we are. All the spiritual traditions agree: it's the little choices that matter most. The way we spend each day is the way we spend our lives. Buddhist Mindfulness, Hindu Rituals, Islamic Daily Prayers, Christian Meditation — all of them offer a structure for patterning our days so that we can live deliberately, so that we can love and laugh and grow.

'Daily Blessings' is a working title for a new initiative in Waltham. The hope is that we can create both resources and relationships that can help us live each day more joyfully.

How does it work?

Participants will be given resources that can be used each day, and that will be most helpful if they are used 3-5 times each week. You will be invited to join with others who are also exploring Daily Blessings. Right now we are in the pilot phase, and will adapt to what the group learns together.

1. **The resources will be simple.** They will offer suggestions for things that can be done at home or in local area, and that don't take a lot of time preparation. Most activities take no more than 5 minutes.
2. **The resources will be varied.** Each season, some suggestions will offer 'time alone', others will encourage 'time together'; some will work for all ages, and others will be more focused on the needs of children or adults. Some suggestions will draw specifically on the Christian Tradition. Some won't.
3. **The relationships matter most.** While some people may choose to use the resources on their own, the hope is that we will do this together. Small groups will meet once a month or so, to share ideas, cake, and experience; and to enjoy each other's company.

Can I join the Pilot Group?

We would like to form a group of 10 - 12 people initially. You don't need any qualifications other than a willingness to join in. The hope is that we will have a mix of people with different beliefs and experiences.

We will meet weekly for the first 4 - 6 weeks so that we can get to know each other (time and day to be agreed by the group). Then we will meet once a month for three months. In between times, we will try out the material, practicing daily rituals 3-5 times a week, so that we can reflect together on what works, what doesn't, and whether it makes a difference to our lives.

The pilot group is being convened by The Revd Kimberly Bohan, the rector of All Saints, Waltham. If you would like to join, please contact Kimberly on 01472 822 172 or email kimberly@walthamgroupchurches.co.uk. Or you can come along to an open meeting on Monday, 22 June at 7.30 pm at All Saints Church Hall, to learn more.