

BECCLES PARISH

ST MICHAEL'S & ST LUKE'S



Still

Contemplative prayer and stillness

This opportunity for silence and stillness will take place on the first Sunday evening of the month. It will last one hour, during which there will be a 20 minute practice of contemplative prayer.

Open to all- Everyone is welcome

From **April to October inclusive**,
'Still' will be held **at St Michael's at 5pm.**

From **November to March inclusive**,
'Still' will be held **at St Luke's at 4.30pm**

For further details contact
The Revd Canon Susannah Izzard
Susannah.izzard@cofesuffolk.org
07702 571760



www.becclesparish.org.uk