

Awesome!..



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We all have moments of wonder, as children, as adults. When we try to explain, words don't do it justice; but we can tell the story!

And the wonder draws us out of ourselves, to something we know to be true but bigger than us. It can draw us inward as well, to discover new things about our selves. These movements (outward and inward) could be called prayer.

Soul Food is an exploration of prayer from a Christian perspective. Over 6 evenings online plus three meeting days, we will try some different ways of praying, taking care to notice what happens. For more info, see

<https://www.lichfield.anglican.org/spiritual-direction-courses/> or email charles.ruxton@trinitychurches.org