



- 0930 Arrive – cup of tea/coffee
- 1000 Introduction to our time together
- 1015 Morning Prayers
- 1030 Talk of 10 to 20 mins– (*Preparing the WAY in the Old Testament*)
- 1045 Silence to 11.15 (Perhaps using the Old Testament)
- 1115 Talk of 10 -20mins – *Preparing the WAY in the New Testament*
- 1130 Silence to 12 noon. (Perhaps using the New Testament)
- 1200 Midday office
- 1215 Shared lunch (spoken)
- 1245 Talk of 10-20 mins -Preparing the way in today's world? (Perhaps using Newspapers)
- 1300 Silence to 1.30 (Perhaps using newspapers)
- 1330 Talk of 10-20mins Preparing the way through Advent
- Silent Prayer to 1410 (Perhaps using notebooks to identify reflections and commitments.)
- 1410 Concluding liturgy
- 1430 Refreshments and depart