

**Churches Together in Kidlington
Week of Accompanied Prayer
Sunday 28th June – Friday 3rd July 2026**



What is a Week of Accompanied Prayer?

It is an invitation and opportunity to reflect confidentially on your personal experience of prayer, with support from a prayer guide. The guides will all be Spiritual Directors, trained in listening and accompanying people in their journey of faith. If you struggle with prayer, have questions about it, feel you do not pray enough, sometimes feel your prayers are going nowhere, or want to deepen your relationship with God, you are not alone. Many people do, yet prayer is something we rarely talk about. This is an invaluable chance to explore some of your questions and different ways of praying.

The week in Kidlington will be wholly ecumenical with all the mainstream Churches taking part and their members invited to participate.

How does it work?

You are asked, during the week, to commit to spending at least half an hour a day in prayer, and half an hour with your prayer guide, who will talk to you about your experience of prayer and may make suggestions for different ways of praying for you to try.

Forms will soon be available to take part and these will ask you to identify the best times of day for you to meet with your prayer guide and you will then be notified of the time and venue, usually in Church premises, of your daily meetings. As far as possible the venue will be the same every day and there will be tea or coffee available. You may also choose to meet on Zoom, if that is more convenient for you.

There will be an opening meeting on Sunday 28th, when you will meet your prayer guide, and a closing meeting on Friday 3rd July.

Look out for more information coming soon.