

Find us at:

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Welcome to Be Still! So pleased that you made the decision to come along today. The group meets twice monthly, usually the first and third Tuesday of each month. There are no membership requirements or fees; simply come along and join the group whenever you feel works best for you.

The main focus of the group is quiet, meditative prayer. This can be a bit daunting if you are just starting out in this tradition but help is at hand if that is what you are looking for and you feel it would be beneficial for you. Within the Christian tradition there are varied forms of meditative prayer and the Be Still group acknowledges and encourages diversity, actively encouraging all who are responding to the divine call to deeper prayer.

Our hope is that you will find encouragement and fellowship with like-minded individuals. Typically, sessions are structured around a time of quiet meditation and silence, some teaching, some prayers. The group follows an adopted theme throughout the year – see the website which sets out in detail the programme for this year.

Please do leave your contact details, we would love to keep in touch with you. We have a series of special study days which may be of interest to you too. These are stand-alone events and are very well attended. The group is led, supported and organised entirely by volunteers under the auspices of Chichester Cathedral.

We hope to see you again soon, in the meantime do get in touch with any questions or queries. We are always ready to help and wish you every blessing and encouragement on your journey.

Be Still Group, Chichester.