

A QUIET DAY

Anglican Fellowship of Prayer (Canada)



A “HOW TO” GUIDE

Anglican Fellowship of Prayer Canada
www.anglicanprayer.org

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PREPARING FOR A “QUIET DAY”

Below are two suggestions for an agenda that could be used for a Quiet Day.

9:30 am – 4:00 pm		9:30 am – 3:30 pm	
9:30	Coffee & Welcome	9:30	Coffee & Welcome
10:00	Prayer	10:00	Prayer
10:30	Quiet	10:30	Talk #1
11:15	Talk #1	10:45	Quiet
11:45	Quiet	11:30	Talk #2
12:30	Lunch	11:45	Quiet
1:30	Quiet	12:30	Lunch
2:15	Talk #2	1:30	Quiet
2:45	Quiet	2:00	Talk #3
3:30	Prayer	2:15	Quiet
4:00	Coffee & Guided Conversation	2:45	Prayer
		3:00	Coffee & Guided Conversation

Here are some things to be considered in organizing a Quiet Day.

Reason: The reason for the Quiet Day should be evident i.e. Lent, Advent, On Healing', On Deepening One's Relationship with Christ, Praying For The Parish, 'Youth In Prayer, etc.

Where: Choose an appropriate location and host where participants will be comfortable and able to relax e.g. in a home, in a church building; at a retreat centre.

Theme: It is best to set a theme for the day in consultation with the speaker to provide a focus for thoughts and prayers.

Prayer Times: Begin and end with a prayer time using forms from the Book of Common Prayer or Book of Alternative Services (e.g. a Eucharist or Morning Prayer) or other prayer format suitable for the location, theme and participants.

Guest Speaker: Invite a speaker well ahead of time or use tapes, DVDs or CDs.

Preparing the Agenda: The agenda should be made up bearing in mind the speaker's personal preference as to 2 or 3 talks, and their length. Determine who will lead the opening worship time. If clergy are present, determine whether a Eucharist is to be held.

Lunch: In keeping with the simplicity of the day it is best if participants bring their own "bag lunch", along with some contributions of dessert and cookies. The host should be responsible for coffee, tea, juice, muffins etc. for breaks and lunch.

Charge: It may be appropriate to ask participants to contribute to the costs of the day, particularly if the speaker is given an honorarium. Contributions for a donation to a specific cause or ministry may also be considered.

Advertising: Ensure that the time, place etc. are advertised.

Helpers: It is useful if some people are asked to help in welcoming guests on arrival, taking coats, boots etc., as well as with serving refreshments and lunch.

Agenda: Once all are gathered, go over the day's agenda and have a few copies available.

Quiet Rooms: Have extra places with a chair available for people to go aside from the area where the talks are given.

Books: If possible, have some books, perhaps from the church library, available for reading during quiet times.

We declare to you what was from the beginning, what we have heard, what we have seen with our eyes, what we have looked at and touched with our Hands, concerning the word of life.....we declare to you what we have seen and heard so that you also may have fellowship with us; and truly our fellowship is with the Father and with his Son Jesus Christ. We are writing these things so that our joy may be complete.

(1 john 1:1,3,4)

*For further information or pamphlets please contact your AFP
Diocesan Representative or AFP Canada:
www.anglicanprayer.org*

A Day of Prayer



AFP Canada

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