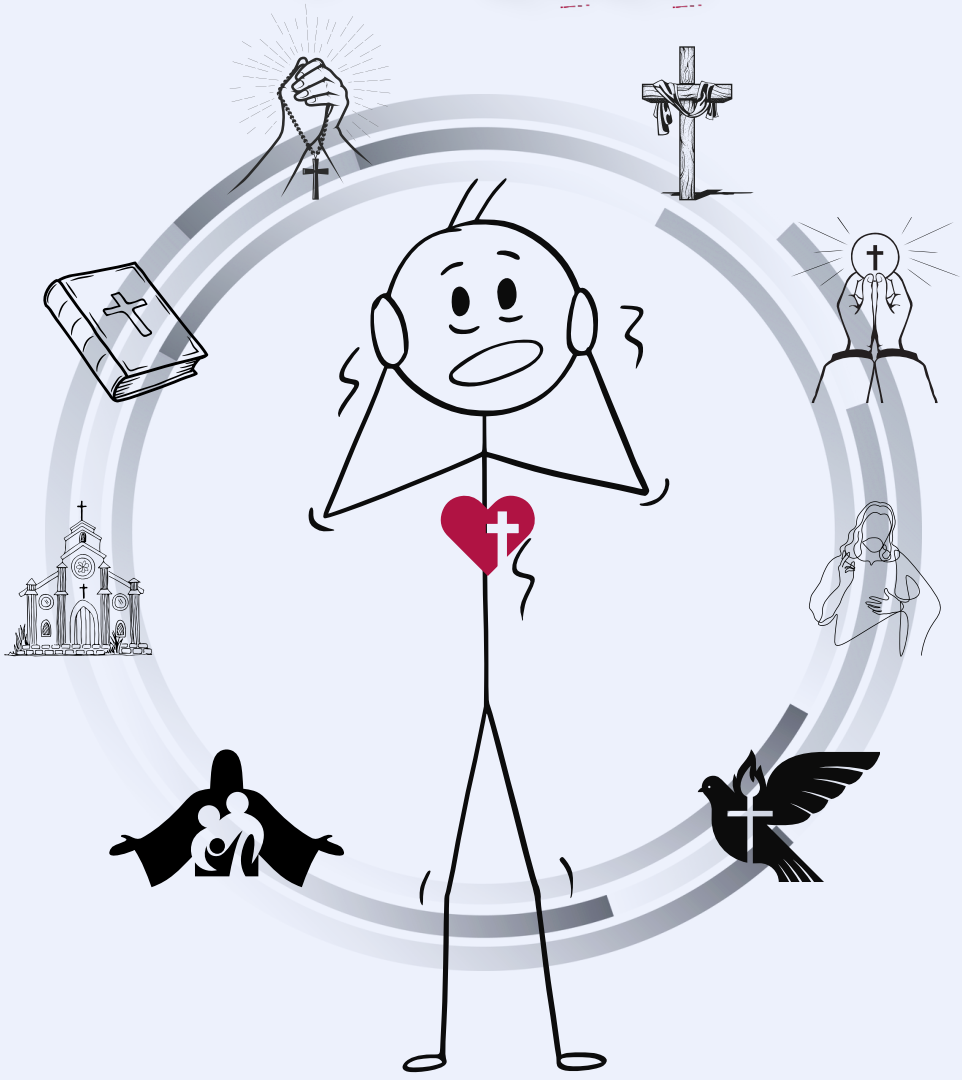
DIOCESE OF Hexham & Newcastle

EVANGELISING FOR THE TERRIFIED



REAL TIPS FOR ROMAN CATHOLICS LIVING IN TODAY'S WORLD

Written by Frederique Gill

FOREWORD

‘Evangelising for the Terrified’ is a practical, light-hearted resource for anyone wondering how to get started in sharing their faith. It is deliberately written to be a simple, non-threatening collection of ideas that give intention and purpose to normal everyday opportunities that arise.

I fully endorse you giving some of these ideas a go and sharing with your Catholic friends how you find the experience.

Amy Cameron
Director of Formation & Mission, Diocese of Hexham & Newcastle

‘Every Christian is challenged, here and now, to be actively engaged in evangelisation; indeed, anyone who has truly experienced God’s saving love does not need much time or lengthy training to go out and proclaim that love.’

Pope Francis - Evangelii Gaudium 120

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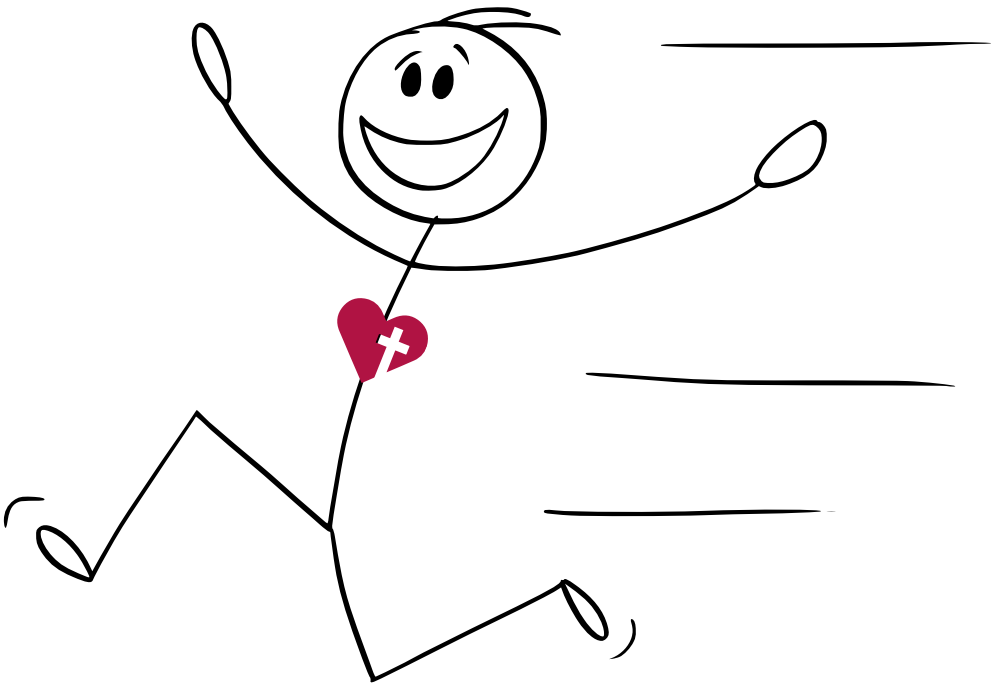
WHAT THIS BOOKLET IS NOT ABOUT

To evangelise you do NOT have to:

- Lose your job, your friends, get expelled from school or get arrested.
- Stand on a soapbox in the middle of the high street.
- Wear a 'Let's talk about Jesus' t-shirt (unless you like having an empty seat next to you on the bus).
- Have a PhD (or even a certificate) in Catholic Theology.
- Get into an argument with everyone who has a different opinion.
- Pretend you're somebody that you're not.

To evangelise all you need is:

To be a child of God, which you already are.
So relax, you can do this.



BEFORE YOU START

Evangelising is never about forcing conversion. True conversion is a turn of one's heart (metanoia) towards God, it is a co-operation between a human being and God. Your job is not to convert people. Your job is to give them windows into what it's like to have a relationship with God, so, one day, they can decide for themselves to cross that threshold.

Respect their intelligence

When people have to make a big decision they take time to think about it. When you share your faith with somebody don't talk for too long. Make your point, then leave it at that. Your silence gives people time to think and allows them to ask their own questions when they're ready to do so. When they ask questions, answer; then ask them what they think about it, so you're creating a space where you're both sharing instead of you just lecturing them. It will take time, so give them time. It is far more real to people if they can 'join the dots' for themselves.

Respect their pain

Some people have had difficult life experiences, sometimes involving the Church, their own family, or other trauma. They might find it very hard to listen or share about faith. If you want more support on how to have compassionate conversations, contact the Vicariate for Faith and Mission who will be able to advise further.

Respect their freedom

God gave us freedom, including the freedom to reject Him. If no matter what you do or say things seem to get worse then stop trying. You do not have to compromise on your own beliefs but you might need to accept that this person is just not ready. You can keep praying for them, or you can entrust them to God and leave it up to Him. Don't be ashamed of putting some distance between yourself and someone else if that's necessary for your own wellbeing.

WHAT MIGHT HAPPEN ONCE YOU START?

Once you're seriously thinking about sharing your faith, the following usually happens:

You realise how little you know about your faith

That's OK, the people you'll be talking to know even less than you do. Also, you can learn: ask your parish priest, read the Catechism of the Catholic Church - the 'YOUCAT for Kids' or 'YOUCAT' (a version for youth) are great starting points, read the Bible or get in touch with the diocesan formation team. If someone asks you something you don't know the answer to, be honest: "You know, I wonder about that too but I'm not sure what the exact answer is. Let me ask my priest and I'll get back to you on that." Then do ask your priest and do get back to them.

You realise you have no training

That's OK, you don't need any. Chances are, you already know how to talk, write, or express yourself in other forms of communication - that's enough. The tips in this booklet don't require any more than that.

You don't know where to start

You start where you are. We lay people are here to sanctify the world; thankfully we already live in it. If you go out to work, to school, to drop the kids at school, to do the shopping or you live with others, that's your mission field right there.

You're still scared

It's OK. With practice it will get easier. When it does, God will push you out of your comfort zone again. The tips in this booklet are meant to be very simple and you don't have to try them all. Do what you can and what feels right to you.

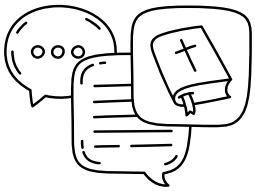
GETTING STARTED: DO THEY EVEN KNOW YOU'RE CATHOLIC?

Why do it?

It's hard to share your faith if people don't know you have one. It's also hard to start being open about your faith when you've never had to before. Consider the baby steps below, pick one or two you're comfortable with and give them a go. Eventually, you'll surprise yourself when they all become second nature.

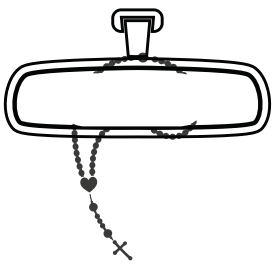
How to do it

Wear a necklace, bracelet or pin badge with a cross on it. It's a clear but unobtrusive message. Many designs are available, for all fashion tastes and budgets. Don't draw attention to it. If there are rules at your workplace or school against wearing religious symbols, that's OK - don't break the law. Wear it whenever you're not at work or at school. There are also T-shirts, hoodies and even socks etc. available to purchase with slogans to witness the faith.



When someone asks, "How was your weekend?" You answer, "Football on Saturday, church on Sunday, usual stuff." And leave it at that - that's enough.

Display a nativity scene in your street-facing window during Advent and Christmas.

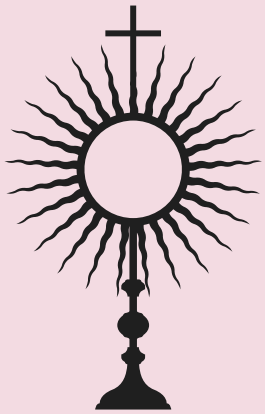


Hang a small chaplet or a set of rosary beads from your car rear-view mirror. It's amazing the number of cars which don't get their front screen smashed for doing such a thing.

GETTING STARTED: DO THEY EVEN KNOW YOU'RE CATHOLIC?

Abstain from meat on Fridays. When people ask, "You don't fancy a steak?" or "You going veggie?"
You answer, "Nah, I'm Catholic, we don't eat meat on Fridays." and leave it at that.

If, and only if, they ask, "What's that all about?"
You answer, "Well, Christ died on a Friday, like Good Friday yeah, and it must have been pretty bloody, so out of respect for Him we don't eat meat on Fridays.''



Discreetly make the sign of the cross when you go past a Catholic Church. If, and only if, people ask why you do that, you answer, "I'm Catholic. We believe that Christ is truly present in the Church. So, when I pass a church it's like I'm walking past Jesus and it feels normal to acknowledge him.'' Leave it at that.

What might happen?

Probably absolutely nothing. See, it wasn't that hard, was it? Most people will politely register you're a bit different and politely keep quiet. Some people will notice and silently feel relieved somebody else is brave enough to be visibly Catholic.

Once they know you're Catholic

Congratulations, you're now officially an ambassador for Christ and the Church. If all you ever do is let somebody know you're Catholic and then be a model of humility, integrity and charity, you'll have witnessed to the world what living for Jesus is all about. That's a really positive witness.

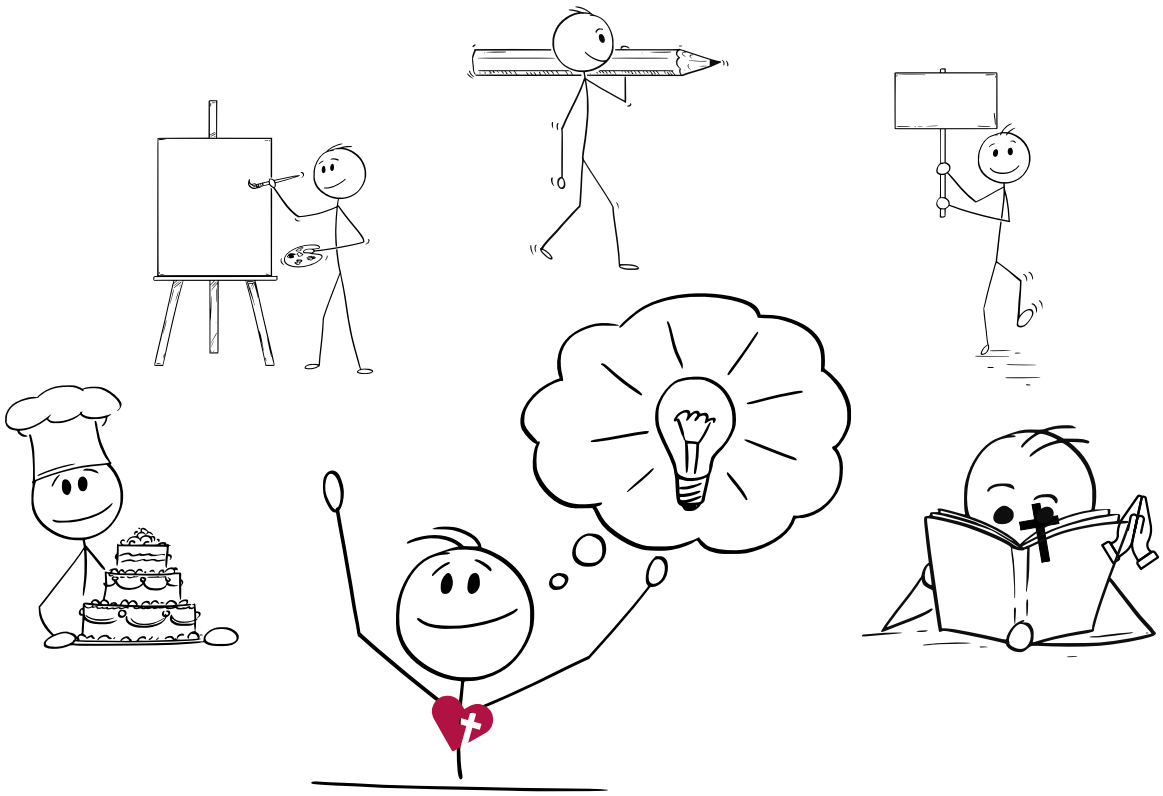
USE YOUR TALENTS AND GIFTS

EVANGELISING FOR THE TERRIFIED

Why do it?

Everyone is good at something. Yes, even you. The Holy Spirit gives freely, for the good of the Church, so that her every need can be supplied. Whatever you're good at, start using it. The list is endless, but below are a few examples. If you're really unsure what you're good at, contact the Vicariate for Faith and Mission to get onto one of our Called & Gifted courses.

How to do it



You're a baker

Few people argue with cake. Evangelising through the medium of cake is not about the parish cake stall. Scour the internet for international cakes that represent feast days. Then bake one for home or work and introduce it as, "It's the Epiphany on Sunday, so I made a French Epiphany cake". Other examples include, Italian dove cake or British hot cross buns for Easter and Simnel cake for the Fourth Sunday of Lent. There are plenty more recipes out there. In between mouthfuls, explain to people how the cake relates to the feast in a couple of sentences.

USE YOUR TALENTS AND GIFTS

You're an artist

If you draw, paint, sculpt, sew, or enjoy 'making' in other forms, start using your religion as a source of inspiration. When you share your work via Instagram, your website or a local exhibition mention your inspiration in your artist statement. Let God touch people through your art.

You're a writer

If you write poetry, song lyrics, short (or long) stories, use your faith as a source of inspiration. If you're into theology and biblical studies, start a blog or join our diocesan Reflection Writing Team through the Vicariate for Faith and Mission.

You're out there saving the world

If you're already active with a charity that supports animals, people or the environment, wear a cross (or other Christian symbol) during your volunteering shift. Be a visible witness that Catholics act on their moral responsibility towards others.

You're unable to get out and about

If you're in a season of your life when your activities are very reduced, but you have time on your hands, then pray. Pray that many people will start evangelising, and that their endeavours will be fruitful.

What might happen?

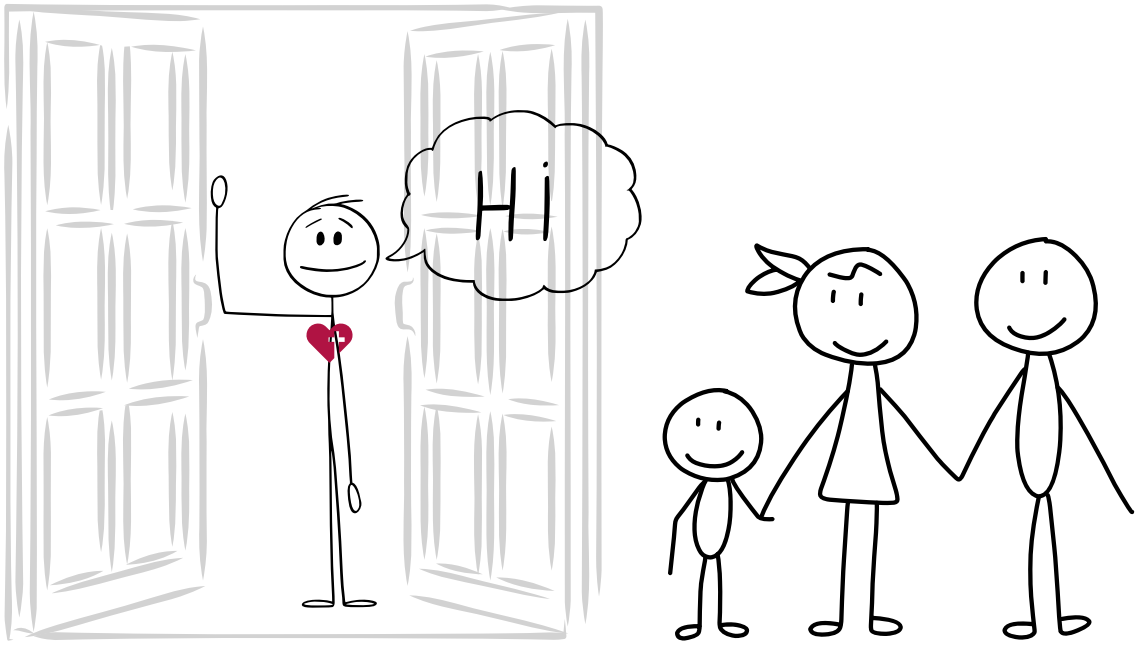
Yes, you can evangelise while doing something you already enjoy. Being Catholic is not just about attendance at Mass, it's also about infusing every aspect of the culture with Christianity. The only risk with this one is that other parish groups might notice what you're doing and ask you to join them. It's OK to say no because you're too busy evangelising!

THE STRANGER IN THE NEXT PEW

Why do it?

If they're already going to Mass, they don't need evangelising, right? Yes, they do. Because it will help them enjoy Mass more and it will keep them coming.

How to do it



Greet people

Greeting does not stop at the front door. If you see someone in the pews who you've never seen before, wait until the end of Mass then embrace the opportunity to talk to them: "Hi, my name is So-and-so, I haven't seen you before. Is this your first time here? Have you moved in recently? Are you Catholic?"

Tell them a bit about what your church community is like, then introduce them to someone in the welcoming team or anyone else who you feel they would connect with. They are now in capable hands, so you can walk away.

The following week, be ready to say hello again because you've just become their new best church friend. Introduce them to more people so they get more church friends.

THE STRANGER IN THE NEXT PEW

If you want to have a family, be a family

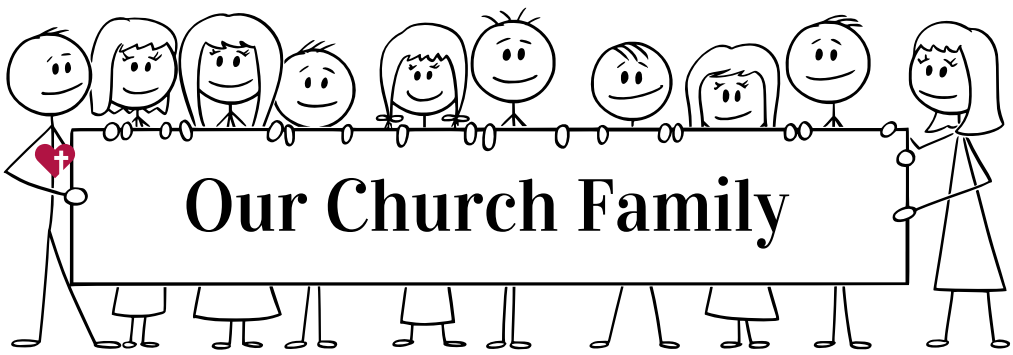
'Our Church family' is a common saying, but many people agonise about how to actually make it happen. Nothing could be easier. Most people already know how to behave in a family. Do you have parents, grandparents, aunties and uncles, brothers and sisters, cousins, nephews and nieces, children or grandchildren? Do you know how to behave with them? Yes? Good. Then do the same with everyone in the pews. If they're old enough to be your auntie, treat them like your auntie. If they're young enough to be your nephew, treat them like your nephew. Treat them as if you'd known them all your life, even if you only talk to them once a week for five minutes. Be as relaxed and open as you are at home, because Church is your second home and your second family. There's really nothing more to it.

Look after each other

As you become more and more of a trusted friend to your fellow church-goers, they might disclose things to you that are deeply personal. Be a good friend and keep things confidential. For doctrinal issues, share your own experience or encourage them to talk to the Parish Priest.

What might happen?

You might start getting more church friends. You might start enjoying going to church more. Everybody else might enjoy it more too.



EVANGELISING IN THE HOME: HOME COMFORTS

Why do it?

Home is where our loved ones are. And who doesn't want their loved ones to go to Heaven? But home can also be a place of tension and deep-seated pain. Evangelising at home requires a lot of love, sensitivity, and patience. Read the suggestions below and go with what is appropriate and realistic for your own home situation.

The little everyday things

Be a good ambassador for Christ: Once your family knows you're Catholic, be a witness to them. Live in truth and charity. Go to Mass weekly. Have a visible prayer or bible reading routine. That doesn't mean doing it aloud in the living room, "I'll go upstairs for my rosary now." is enough for them to know.

Entertainment: Storytime for little ones; books/cds/dvds for older ones. Look for stories with a Christian inspiration, and that's not just about biblical stories. Work with people's personal tastes. If they like rock music, buy them Christian rock. If they like pop music, buy them Christian pop. Take them places where they can meet other people their age enjoying their faith e.g. Lourdes or YMT (Youth Ministry Trust).

Home decor: It's not superstition, it's popular piety. Crucifixes, icons, statues: go as minimalist or as wild as personal taste allows.

Bibles: Have several bibles in your house. At least a regular one and one with pictures. Keep them in the living room where anyone can dip into them, especially when you're not looking. Don't make a fuss when they get borrowed.

Having conversations about God: You can easily introduce conversations about God. Think of it as a Catholic version of "How's your day been?". If you're reading a religious book, tell them what you think about it. After you've been to Mass tell them what the sermon was about, in a couple of sentences only and without expecting a reply from them. Let them decide if they want to take it further or not.

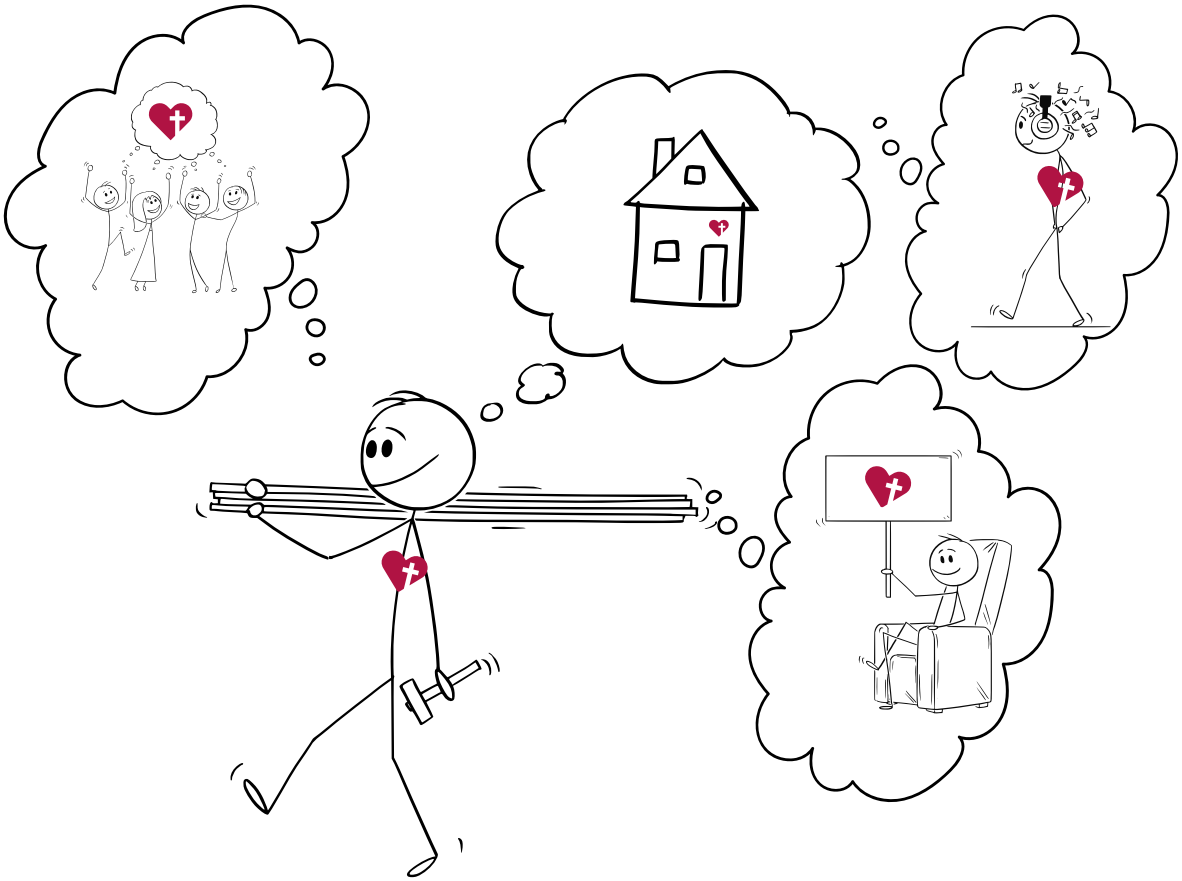
EVANGELISING IN THE HOME: HOME COMFORTS

On feast days and special occasions

Food: Cook traditional recipes for feast days. When you serve the food, explain how it relates to the feast. Get little ones to help you make the recipe.

Halloween: This is a traditional time to visit family graves (All Souls' Day) or dress up as your favourite saint (All Saints' Day). If your favourite saint isn't gruesome enough, pick a martyr and tell the real horrible story of how they died for Christ.

Christmas: Have a crib in your house, and get children to help you put it together. Tell them who's who. Don't be ashamed when your crib ends up with a flock of dolls and toy cars. Tell them about St Nicholas, the real Santa Claus, whom they can still pray to (unlike Father Christmas). Christmas is also the easiest time to ask family and close friends to come to Mass with you, because it's Christmas. If they say yes, push your luck and ask again for Easter.



EVANGELISING IN THE HOME: HOME COMFORTS

Know your people

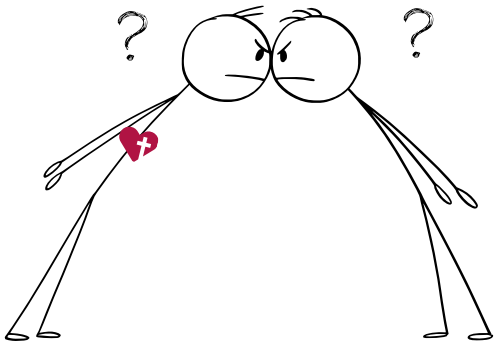
You know them best. You know what makes them tick and what will send them running, so work with their personalities, not against them.

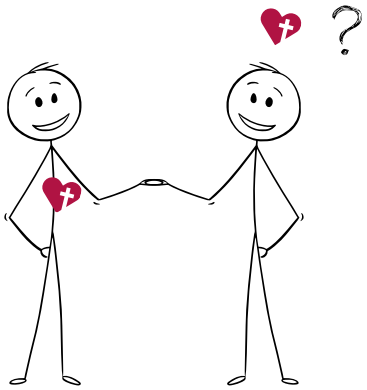
Not responding is not the same as not listening: Having a personal relationship with God is, well, personal. Some people like to be accompanied, others prefer to do it mostly by themselves. Once they reach adolescence, give your loved ones some pointers but also give them space and time to explore by themselves. They're much more likely to stick with something they've freely chosen to do, rather than with something they're being constantly nagged about.

When they've fallen away: With adult members of your family, be realistic. People can walk away from the faith, some temporarily, some permanently. Give people time, love them, pray for them, don't compromise on your own beliefs, but know the limits. When one more argument is not going to help, it might be best to agree to disagree and leave it at that. You've made your point and they know they can go back to you if ever they're ready to change.

What might happen?

When someone you love starts opening their heart to God, it is a great joy. When someone you love seems to obstinately close their heart to God, it is very painful. When you've done everything you can, be gentle with yourself, respect their freedom and leave it up to God.





BEFORE GETTING THEM TO MASS, GET THEM TO CHURCH

Why do it?

"Would you like to come to Mass with me?" is a really awkward question to ask someone who's never set foot in a church before, or at least not since primary school. Instead, get them to experience the beauty and peace of a church without them feeling trapped for an hour and being the only one not to know what's going on (a.k.a Mass for the uncatechised).

How to do it

Be a church tourist. The Cathedral Church of St Mary is open at selected times outside of Mass. Ushaw chapels are open to the public (buy an annual pass). Historic churches and monasteries around the region are open to the public.

With small children in your family

Visit churches as an outing. Let them look around, run around, test the echo, ask questions aloud. It's not Mass, so you don't have to be embarrassed by their behaviour. You can even take them to your own church. Invite them to light a candle and think of a loved one. Call the priest ahead, make an appointment outside of Mass and let the kids run around again. The priest may be on hand to prompt questions and answer them.

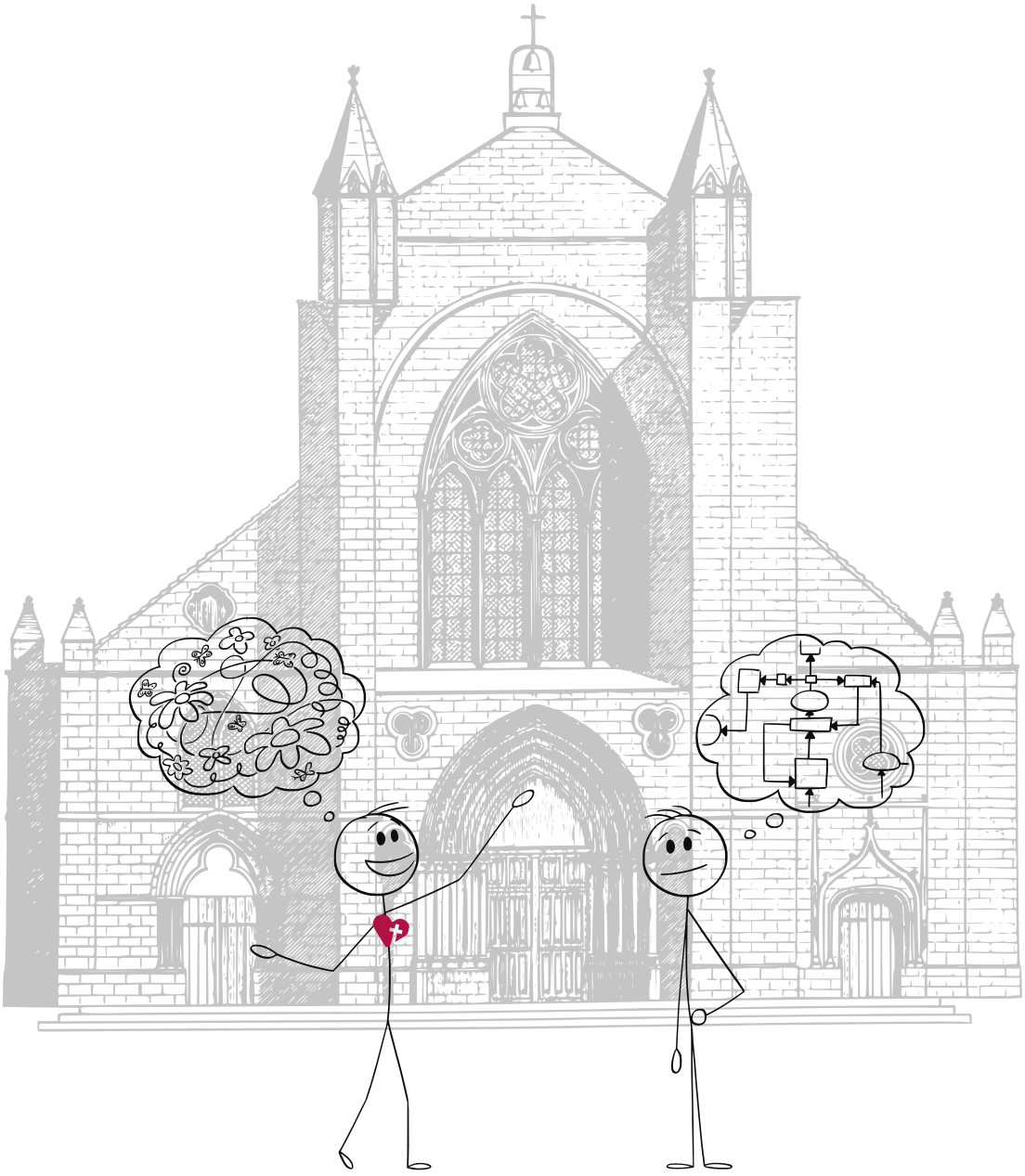
With friends and older family members

It's still an outing. Go for a walk or day trip and stop at an historic Church on the way. Go shopping in Newcastle or Durham and stop at the Cathedral for a rest on the way back. If they have an art exhibition or a music concert, use that as an excuse. Take your time, walk around, sit, let them soak in the atmosphere. While you're there, ask them to give you a minute; go to a candle stand or a statue stand and take a minute to light a candle or cross yourself and say a short silent prayer. Don't pretend to pray: actually pray. Don't ask them to join in. You're witnessing to them what practicing faith looks like, not forcing them into it.

BEFORE GETTING THEM TO MASS, GET THEM TO CHURCH

What might happen?

If they surprise you by actually looking very comfortable in a church building, then you can ask the big question, but only in a way that gives them the time and space to make their own choices. For example, “If you ever want to come back here for Mass, let me know”. Leave it at that.



BEFORE PRAYING WITH THEM, PRAY FOR THEM

Why do it?

Prayer is real. We Catholics pray to God because we believe that God exists, that he wants us to pray to Him, and that, if our prayers are according to His will, He will answer them out of His mercy and almighty power.

How to do it

I don't know how to pray

Yes, you do. The Catholic Church has a treasury of prayers, in all styles, of all lengths, on all topics. Look on the internet, check out a prayer app, ask your Parish Priest or contact the Vicariate for Faith and Mission. We have also provided some suggested prayer resources on the final page. Then pick one that feels genuine to you, because this is your prayer.

Pray for yourself

Pray to God for the graces you need for evangelising. If you're feeling brave, pray to God to bring someone in your life to evangelise. Be ready to experience God's awesome power and awesome sense of humour.

Pray at home

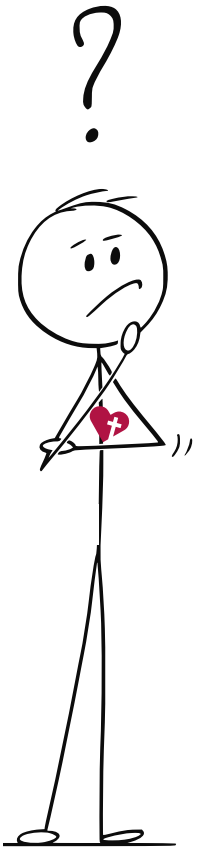
Get into a daily prayer routine. If time is short it can be as simple as one Hail Mary. What matters is that you genuinely put your intention into praying. It doesn't have to be aloud, you don't have to tell your family about it. If it feels right, you can tell your family, "I'll pop upstairs for a minute to say my prayers." If it feels right, you can bring your rosary beads or prayer book in the living room, light a candle, and do it in a quiet corner while they're busy doing something else. Yes, that's evangelising them.

BEFORE PRAYING WITH THEM, PRAY FOR THEM

Pray for them

"Would you like me to pray with you? Like, right here, right now?" That can be a scary thing for everyone involved. Be grateful they trust you enough to share with you the hardships of their life, and go for the softer approach. Read the situation carefully and be respectful, it may be that they would be open to being prayed for there and then. More often than not, it may be more appropriate just to keep them in your personal prayers.

Pray at the very end



When somebody you care about is nearing the end of their life, maybe because of age or disease, you'll visit them at home, the hospital, or the hospice. You'll do that anyway because you care about them. Go by yourself. If they are practicing or elapsed Christians, ask them, "Do you want me to get the Chaplain to come and see you?"

If they don't believe in God, it can be insensitive to be too forward in terms of offering formal prayer for the salvation of their soul at this time. Instead, pray for them in the silence of your heart and simply be there for them.

What might happen?

When someone who doesn't believe in God knows you're praying for them they might not expect a miracle but they'll probably still be grateful that you care about them. Remember, your job is to pray, not to answer prayers. That's God's job, so leave it up to Him.

OH NO!
THEY HAVE A QUESTION!

Why do it?

At some point, when you evangelise, you will face questions. Don't panic. It might not happen for a while, but, when it does, here are some tips to help you deal with it faithfully, intelligently and respectfully.

How to do it

Was that a question?

A question is not the same as a random anti-Catholic meme popping up in your social media feed. You do not have to answer those. A question is not exactly the same as a stereotypical comment your non-Catholic friend makes about Catholics without realising how offensive it is. You can answer these, if you want, and without making your friend feel embarrassed. A question is a mark of genuine curiosity about the Catholic faith. It might touch a sensitive area in the life of the one who's asking, and they might worry you'll get offended when they ask. If they've had the courage to ask, you can find the courage to answer, in truth and charity.

OH NO!
THEY HAVE A QUESTION!

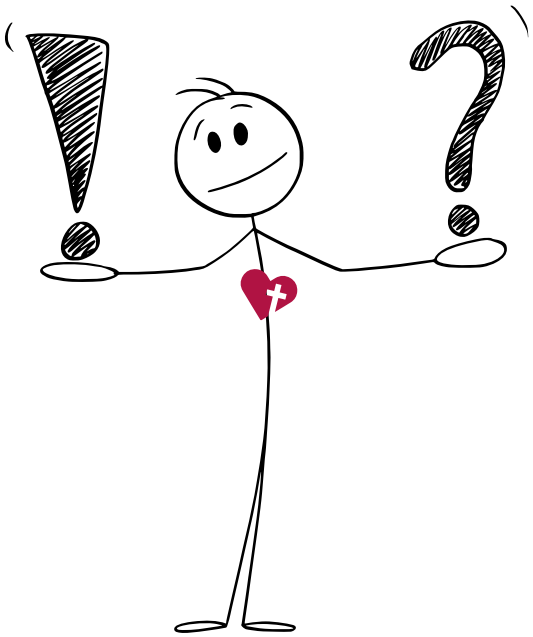
What's the question?

You can probably guess, and they fit into three broad categories:

They know nothing about the faith: e.g. "What's a rosary?" Or, "What's Good Friday?" The kind of question that makes you realise there are people who know even less about the faith than you do.

They've heard legends about the faith: e.g. "Catholics don't read the Bible." Or, "Catholics worship the Virgin Mary." Or, "Catholics believe bread turns into meat." The kind of question that makes you roll your eyes, sigh, and pray for greater ecumenical and interfaith dialogue.

They've heard anti-Catholic propaganda: "Catholics are hypocrites." Or, "Catholic priests are all pedophiles." Or, "Catholics hate Gays." The kind of question that makes you want to run away.



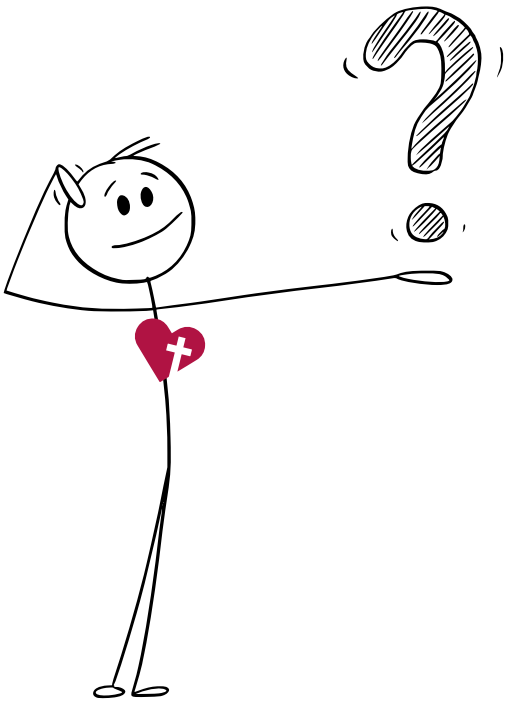
OH NO!
THEY HAVE A QUESTION!

What's the answer?

The answer is to educate, not to get into a heated argument. The first person to educate is yourself. Do it now, before you get questions. The failsafe is to delegate to the authority of Mother Church.

Buy a copy of the Catechism of the Catholic Church, and read the relevant sections. Or seek guidance and resources from websites such as Catholic Voices.

Email your priest and ask him. That's what he went to seminary for. If you struggle with his answer, keep asking.

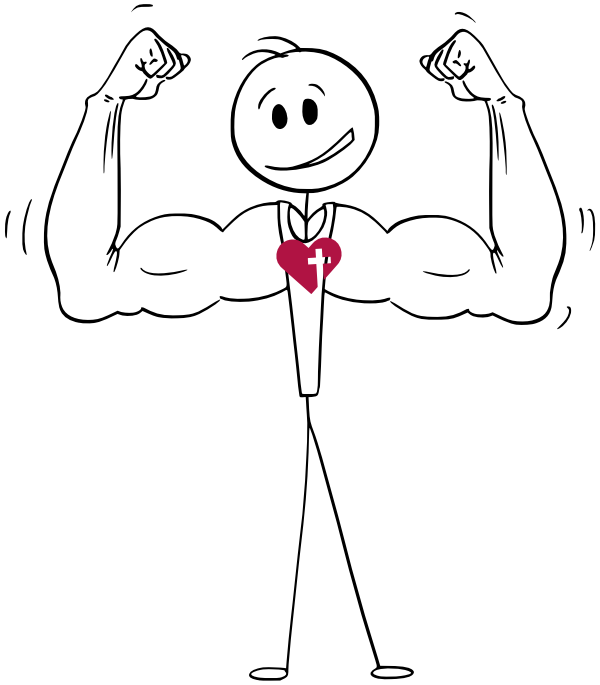


If at any point of a conversation with an enquirer, you realise you don't know the answer, be honest. Say, "I'm not sure about that. Let me ask my priest and I'll get back to you." Then do it. Or, "I'm not sure about that. but we have an RCIA class where we discuss these things. I can give you the details if you want to come along." And leave it up to them. If they were just out to trap you, the prospect of a real discussion might make them stumble.

What might happen?

Most likely, you will rarely get a direct question. But, if you're willing to educate yourself in advance, at least you'll have learnt something about your own Catholic beliefs.

Most of the time, it isn't. It's just your fear. The real world is not social media. Not everyone out there is a die-hard atheist out to get you. Also, it's OK to pick your battles. Sometimes, it will genuinely get tough. When it does, remember you're doing it for Jesus, and he had to suffer much worse for your sake on his way to Calvary.



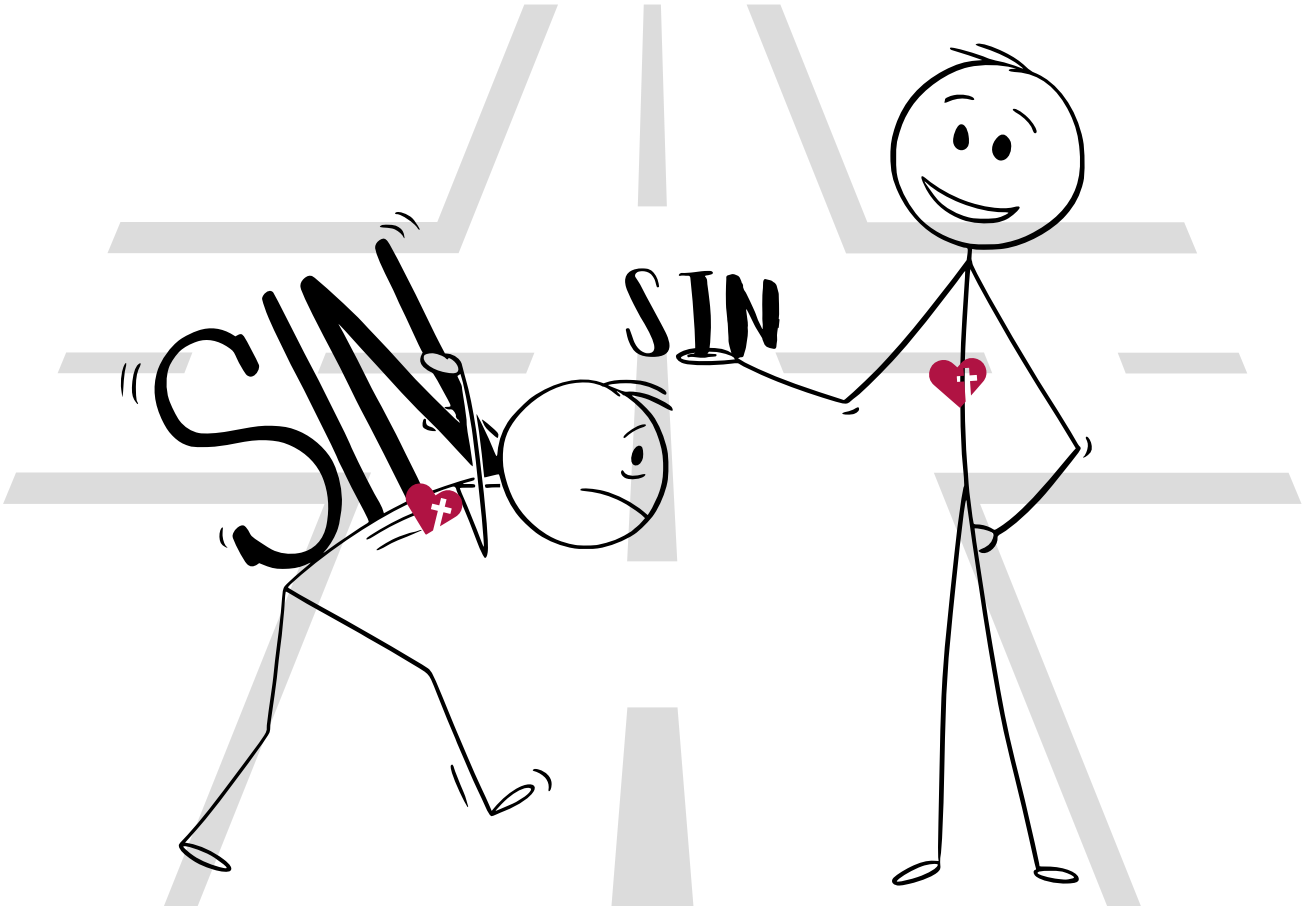
You're feeling out of your depth

Well, if you've worked up such an enthusiasm for evangelising that you're nagging or getting into an argument every five minutes, then, yes, you're probably acting defensive and feeling out of your depth. Stop that and start being more respectful. If you're not hiding the fact you're Catholic and living your life according to Catholic beliefs, then you're on the right track. Keep going. Examining the Bible or Christian doctrine and deciding that it is the only thing that makes sense and that you're going to do your best to live by it is a powerful witness in itself. Some people will even respect you for it, even if they do not say it aloud.

WHEN IT GETS TOUGH

You're realising some Catholic beliefs are at odds with secular society

If you've ever read the Bible, that one should not come as a surprise. On some points, usually involving sex or family, we're counter-cultural. Adhering to the sum of Catholic values demands a lot of sacrifice, and the great majority of Catholics do not do it, but that does not make us hypocrites, it makes us sinners. We are all sinners, and it's good that we recognise that reality through penance and confession. If you struggle with a specific Catholic belief, read the relevant section in the Catechism of the Catholic Church and talk to your parish priest, so you know exactly where the Catholic Church stands on the issue. The Church teaches that a well-formed conscience is the echo of God's voice in our hearts. You might still keep falling short of it in daily life, but at least you can be clear, to yourself and to others, about why it's still a good ideal to defend and aim for.



WHEN IT GETS TOUGH

Someone's been really aggressive with you

If you're not pushy or aggressive by nature yourself, this reaction should be very rare. If it happens, ask yourself, "Did that person's reaction come from a past trauma? Maybe their own or that of a close friend or family member?" If that's the case, respect their pain and contact the Vicariate for Faith and Mission who could advise on a service that could offer support. If the person's reaction seemed gratuitous, remember you're not here to be bullied. If this happens repeatedly at work or school don't hesitate to report it.

No-one's paying attention

This one is a good thing. People are accepting you as you are and not complaining. They probably notice, they're just not vocal about it. They also probably need time to think and build up the confidence to ask questions. Be content and keep going.

You're feeling alone in this

By definition, evangelising brings you into contact with people who don't share your faith, so it's normal to feel like the odd one out. To get over this, remember we are all human beings going through very similar life experiences, so you will still share a lot with the people you want to evangelise. To have a social group with whom you can relate on the subject of religion is really helpful so rely on your fellow Catholics. Go to Mass, to the chaplaincy, to a prayer group or a Bible study group. Contact the Vicariate for Faith and Mission who can also offer guidance and support. You'll quickly realise you're not alone.

You're doing your best, so be gentle with yourself. If you're really struggling, speak to a trusted friend, to your parish priest or to the Parish Safeguarding Representative. We also have a team of Spiritual Directors who offer accompaniment through such struggles. For more information about Spiritual Direction contact the Vicariate for Faith & Mission.

READY TO TAKE IT FURTHER?

If you've got to the end of this booklet thinking, "Well, that's just common sense, I'm already doing all of that." That's fantastic!

If you've slowly worked up your courage through practicing some of the tips in this booklet and you've got a bit of a taste for evangelising, that too is fantastic!

If you've got evangelising tips that work for you and are not listed in this booklet - fantastic! Please share them by getting intouch with the Vicariate for Faith & Mission.

Further information and support

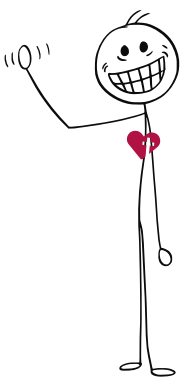
Contact details for The Vicariate for Faith & Mission

The Formation & Mission Team can assist you if you have any questions arising from this booklet. They can offer advice on formation opportunities or help point you in the right direction if you require access to a different service or team.

adminfaith.mission@dioceseh n.org.uk
Tel: 0191 243 3316
Office hours: Mon-Fri 8:30-16:30

Thank you!

Thank you for letting us accompany you through this booklet and for your help in sharing the Good News.



USEFUL RESOURCES

Understanding the Catholic Faith

YOUCAT - is the Catechism of the Catholic Church for adolescents and young people. The most important elements of the faith are summarised briefly and comprehensibly in a question-and-answer format.

YOUCAT for Kids - inspiring and easy to understand, YOUCAT for Kids is an introduction to the teachings of the Catholic Church for children (8-12 years). In addition, the book includes interesting background information for parents and teachers on every question.

For information on the YOUCAT and YOUCAT for Kids visit https://youcat.org

Catechism of the Catholic Church - a comprehensive presentation of the faith and beliefs of the Catholic Church.
(Available to read online via www.vatican.va)

Catholic Voices - a project to improve the Church's representation in the media. At the heart of the CV project is an approach and a method which allow Catholics to understand why the criticism of the Church can be intense, and how to identify with the (usually distorted Christian) values behind that criticism. https://www.catholicvoices.org.uk

Prayer Resources

Pray As You Go - available online or as an App, Pray As You Go is a Jesuit ministry offering a daily prayer session which combines music, scripture and reflective questions. Lasting between 10-13 minutes, it's ideal to listen to on your daily travels. https://pray-as-you-go.org

Lectio for Families - 24-7 Prayer offers a broad range of prayer resources including Lectio for Families. This is a free daily devotional that helps families to read the Bible and explore faith through conversation and prayer together. https://www.24-7prayer.com

WCCM (Meditation & Community) - In the Christian tradition, meditation is known as the prayer of the heart. The WCCM is a global spiritual community united in the practice of meditation in the Christian tradition. On their website you will find resources based on meditative prayer.
https://wccm.org

The Diocesan Website 'Prayer Resources' - There is a dedicated area on our diocesan website which offers resources, guides and types of prayer for all. www.diocesehn.org.uk

EVANGELISING FOR THE TERRIFIED

Written by Frederique Gill
and produced by the
Vicariate for Faith & Mission
2024

‘After this the Lord appointed seventy-two others and sent them on ahead of him, two by two, into every town and place where he himself was about to go...Therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.”
(Lk. 10:1,2)

DIOCESE OF Hexham & Newcastle