



“Evolving Spiritual Practices”

Revd Judy Howard

As people were drawn to St Laurence for a variety of events/gatherings, it became clear that they brought rich spiritual journeys with them. Those who came expressed deep respect for the patina of prayer in the building, centuries of faithful practice held in the stone and fabric of the church. The existing rhythm of worship and prayer offered in the church was joined by other expressions. Pammy Michell approached Simon with the suggestion of an interfaith “Silent Sitting” group, which started six years ago and still meets every week in the early morning. Simon met people who attended “The Cowshed” in the Slad valley. He invited Simon and Julie Cooper to bring their service, held for thirty years in the contemplative tradition, into St Laurence once a month. Then Steve Saville started the regular Taize services, and Millie Sinclair and Juliette Saville offered “Still Moving”. Meditation groups and quiet days have followed. This practice of silence reaches a deep tap root into the universal wisdom of centuries and provides profound stability for all our activity.”