

PERSONAL SUBSCRIPTION

2023

For more information:
Visit the
Prayer Bench Shop at
www.prayerbench.ca



PRAYER BENCH

You may purchase a Personal Subscription in December & January and your resources for spiritual deepening will be delivered by EMAIL throughout the year. Without a subscription, you may purchase Individual resources for full price at the Prayer Bench shop.

January

Seasonings
"Deepening Wonder"
Mini Email Retreat

February

Lent Pause &
Practice
Six Weeks by
Email

March

Lent Pause &
Practice

April

Easter Email
Retreat

May/June

Stroll for
Your Soul
21 Daily Emails

September/Oct.

Autumn Rambles
15 Daily Emails

November/ Dec.

Advent Email
Retreat

Subscriber Benefits

Discount on other
2023 resources

Price

\$131+ value
\$49

GROUP SUBSCRIPTION

2023

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www.prayerbench.ca



PRAYER BENCH

You may purchase a Group Subscription in December & January and your resources for spiritual deepening will be delivered by EMAIL throughout the year and available on one webpage. This Package includes registering participants to also receive resources directly.

January

Seasonings
"Deepening Wonder
Mini Email Retreat

February

Lent Pause &
Practice
for use in groups

March

Lent Pause &
Practice
Six Weeks.

April

Easter Email
Retreat

May/June

GROUP Stroll for
Your Soul
Unlimited sign up

September/Oct.

GROUP Autumn
Rambles
Unlimited sign up

November/ Dec.

Advent Email Retreat
& SMALL GROUP
STUDY

Register six group
participants to
receive the **retreat
emails** directly.

Price

\$220 + value
\$99

NEW YEAR & LENT

SEASONINGS

A Taste of Retreat
Deepening Wonder

It is January, the beginning of a New Year.
In this two-page mini email retreat, we reflect on practical ways to hold and deepen the mystery of Christmas.
Includes reflection, practice, quotes, photos and suggestions for going deeper.



LENT PAUSE & PRACTICE

Something different for Lent!

In the **PERSONAL** Package you receive an email each Saturday in Lent with a teaching about a spiritual practice and a video inviting you to learn and try the practice.

There are six practices: Mindful Eating, Gospel Contemplation, Contemplative Service, Eco Divina, Centering Prayer, Active Prayer.

In the **GROUP** Package you receive the same practices and permission to use during Worship, Lent Lunches, and group studies. You receive the set before Ash Wednesday so you can plan.

EASTER & PARTICIPANTS

EASTER EMAIL RETREAT

An Email Retreat for the Easter Season

The Beating Heart of Humanity

The difficult places we find ourselves, in our lives or in the life of the world, are not the end of the story. There are beating hearts in this garden of life. They are our wisdom teachers. This full-sized email retreat contains everything you need to make a day long retreat or you can break it up to use during the Easter Season. The retreat guide offers suggestions for creating a space, for settling into your retreat, a reflection on the theme, several prompts to evoke reflection, art or journalling, and a spiritual practice.



GROUP PACKAGE SIGNING UP PARTICIPANTS

Group Participants

In the GROUP Package you can register six people in your group. They receive the Email Retreats (and other resources) directly by email. No need to download and distribute resources. Have more than six participants interested? Sign up six more participants for an additional \$10.

STROLL & RAMBLES

STROLL FOR YOUR SOUL

Stroll for Your Soul is a collaboration between Kereru Publishing in New Zealand and Prayer Bench in Canada. Caroline and Janice explore the unique spirituality of their landscapes from very different parts of the world. Come Stroll with us! [Read a sample.](#)

Stroll for Your Soul offers 21 days of accompaniment through a brief email delivered early each morning to your inbox. Each email will offer a practice, or a reflection, or a poem, or a photograph giving direction and encouragement to your time spent walking or jogging or biking or even skate boarding. 2023 Theme: Returning to Our Senses.



AUTUMN RAMBLES

Join Caroline and Janice as they walk the streets, beaches, woods, and bush and collect their favourite autumn signs & sightings and share their memories of Autumn. Look in on the hope this season lends them in their journey of faith. Enjoy 14 scrapbook pages delivered by email. [Here is a sample.](#)

GROUP SUBSCRIPTIONS

For BOTH STROLL and RAMBLES, a group leader can sign up an unlimited number of participants and send out the daily emails or send a list with names and emails to the Prayer Bench and your participants will receive them directly by email. Promotion package available to group leaders.

ADVENT RESOURCES

ADVENT RETREAT

A Retreat for the Advent Season

This full-sized email retreat contains everything you need to make a day long retreat or you can break it up to use during the Advent Season. The retreat guide offers suggestions for creating a space, for settling into your retreat, a reflection on the theme, several prompts to evoke reflection, art or journalling, and a spiritual practice.

ADVENT SMALL GROUP STUDY

Tentative Title: Musicians of Holy Mystery



We explore Mystery through music. We learn about the lives of composers and listen to music. We read, study and meditate on lyrics. Advent and Christmas stories come alive through music. And You don't to sing but you can if you want!

You receive a complete Leader's Guide, Easily downloaded audio recordings and scripts, promotional package and access to a study webpage with everything you need to lead your small group.

FAQ: [See answers here.](#)

Ask for samples of other studies to learn more. [Email Janice](#)

BENEFITS & ORDERING

LEARN MORE

For more information:
Visit the
Prayer Bench Shop at
www.prayerbench.ca



OTHER SUBSCRIBER BENEFITS

GROUP Subscribers have access to a login page, keeping all resources in one place.

ALL Subscribers receive a discount on any other resources I am moved to write during the year.

ALWAYS FREE The Prayer Bench Newsletter

Published monthly with seasonal
& liturgical reflections and
practices you can share.

[Sign Up Here](#)

PERSONAL

[Order it here.](#)

\$49

GROUP

[Order it here.](#)

\$99

ORDERING INFO

There is good value in a package,
You can order a subscription until
January 31 at [the Prayer Bench
shop](#) or send me [an email](#) to
order. Payable with PayPal, Credit
card, bank transfer (Canada) or
cheque.

DONATE

You can donate to
the Prayer Bench.

Thank you.

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