

PRAYER BENCH SUBSCRIPTIONS 2024

There are two subscriptions in 2024:

Personal

& Personal & More

1. PERSONAL SUBSCRIPTION \$49



SOUL PAUSE: DEEPENING SILENCE – January 28 – February 3

Daily email insights with scripture, teachings, and practices to deepen your experience of making silence.

A GLOBAL STROLL – May 2024

A collaboration with Kereru Publishing in New Zealand. Expect thoughtful guidance for your strolling adventures – whether on foot, wheels, skateboard, or running shoes. Seasons of change await!

LENT RETREAT: Sacred Seeing

Delivered by email on Ash Wednesday Feb. 14, 2024. Deepen your vision to see like poets, prophets and ordinary mystics. You receive resources to use during the 6 weeks of Lent.

GLOBAL RAMBLES – September 2024

A collaboration with Kereru Publishing in New Zealand. Enjoy slowing. Ramble with pleasure and gather your own collection of seasonal impressions, images and sensations to guide you on your spiritual path. You receive a series of beautiful curated digital scrapbook pages to inspire your ramble and set you off on your own discoveries.

ADVENT RETREAT: Are There Angels Today?

December 1, 2024. Journey through four Advent stories adorned with angels, and open your eyes to the possibility of encountering your own angels this season. Receive a comprehensive retreat email with resources to accompany you throughout the entire Advent season.



2. PERSONAL SUBSCRIPTION AND MORE \$99



YOU RECEIVE ALL FIVE RESOURCES IN THE PERSONAL SUBSCRIPTION PACKAGE AND THESE

BOOK CIRCLE: A Prayer Bench Literary Exploration

Dive into five handpicked books—two novels, a children’s story, a reflection on the contemplative journey, and a collection of meditations enriching our understanding of a saint’s teachings. Begin your journey with an insightful blog post and join an optional recorded Zoom conversation, where we journey deeper, the contemplative way.

THE MYSTICS & THE ARTS A Practice of Word & Image.

Immerse yourself in 7 weekly emails in the season of Easter, featuring the profound words of the Mystics for Visio Divina (Sacred Reading) complemented by captivating artwork for Visio Divina (Sacred Seeing), crafted by the talented Rev. Catherine Dickson.

PSALMS FOR PEACE & JUSTICE – November 3 – 9, 2024

Engage with 7 emails featuring Psalms, reflections, and practices to nurture contemplation, inspire action, and cultivate hope in our world.”

Visit the Prayer Bench Shop

www.prayerbench.ca