

## One Night One Day

St Aidan's, Ashington hosted the first **One Night One Day: 24 Hours of Prayer** in June. Parishioners were a little concerned about how it would all work out but, in the event, it was an amazing experience for everyone.

So how did it work?

A planning group was initially set up. This included people who would look after the prayer-timetable—organising copying where needed—publicity around the deanery—refreshments and so on.

Then ideas were put forward for different kinds of prayer on the hour every hour. These included the Divine Office—so Morning, Evening and Night Prayer as well as the Office of Readings and a Prayer during the Day—as well as traditional devotions such as the Angelus at noon. A sunrise service formed the prayer at 4am (sunrise was at 4.27 that day!) - someone from the local Lay Carmelites led a session based on St Teresa of Avila's "Christ has no body now but yours" prayer and Filipino members of the parish community led prayers for peace. Another idea that worked really well was to have people write a prayer intention on a strip of paper over the couple of weeks leading up to the event—with an option offered to people beyond the parish or deanery to send a request in via the Department for Spirituality. The 9pm prayer was then given over to people praying with some of the strips (noting that some were clearly confidential and were set aside) and then bringing them forward to be added into a prayer-chain. As it was the Feast of the Sacred Heart, this was then arranged in a heart-shape in front of the Blessed Sacrament.



One very moving prayer was at 2am when we prayed for each of the hospitals in the Diocese. Each was named on a gift tag and these were distributed to the people there (10 people even at this hour!). We then prayed for them by name allowing about a minute for our prayer to focus through the person holding that card to the patients, staff, family and friends—particularly where death seemed close at hand. At the hospital chaplains' day, Kathryn mentioned this and the chaplains were moved to think that "their" hospital had been prayed for. She also suggested that this might be a feature of all the One Night One Day events—it will always be a need.

It really was not difficult to fill the 24 hours—and there was

no compulsion to sit or kneel throughout! The prayer opened the hour and lasted about 10-15 minutes and then people continued with it or prayed in their own way in between.

The 24 Hours closed with the Anointing of the Sick—the Sacrament of Reconciliation and the Vigil Mass.

A crucial part of the prayer was the wonderfully generous offerings from the parish. It was good to be able to pop in and get a cup of liquid caffeine and delicious sugar boost—especially during the night! It also offered an opportunity for people to socialise in between their times of prayer.

One suggestion that proved well worth doing was to post updates on the Spirituality Facebook page with various links to other sites that people could use to follow the prayer.



These reached a large number of people—the prayer for peace reaching 700 people. It was a great way for people to feel part of the event.

So, you may be asking, how might we do something locally. There is a leaflet called One Night One Day which gives an introduction to the idea. It is downloadable from the *Forward Together in Hope* section of the website but the Department has printed copies that you can have sent or collect to distribute. Talk to your parish priest—but assure him that he will not be needed all the time but that a rota will be in place! You might like to make it a cluster or deanery event—in which case, think about which church might be the best venue. It is handy to have a hall attached or very close by so that people are not having to walk too far if it rains. Think about how to involve children and young people. Primary children could lead a session that was a bit more practical—and young people could be set the challenge of being present during the overnight period and leading some of the sessions. Look also to the prayer groups who already meet regularly—invite them to share their way of praying with the wider community.

If you would like more information or ideas for your own One Night One Day 24 Hours of Prayer, please get in touch.

### Contact Details

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# Diocesan Festival 2015—Inspiring People at Emmaus Village!

The Diocesan Festival took place over the weekend of 20-21 June.

Around 230 people were registered for the Saturday—many of them children and young people who enjoyed excellent workshops which helped them to explore ideas and prepare for the evening liturgy on the Saturday and Mass on Sunday.



On Saturday morning, Fr Jim Clarke explored what it means to be a mature disciple—

drawing on thoughts from Fr Ronald Rolheiser. He offered twelve pointers which all seemed fairly simple but had hidden depths which

Fr Jim unpacked with examples taken from his own wide ministry and stories. For example, for “Live in gratitude and give thanks to God by enjoying your life”, he cited the story of Vanessa. This was a woman whose two sons were killed by a drunk driver—whose husband left her as a consequence—and who soon after contracted multiple sclerosis. Admitted to a nursing home, she was asked one day how she felt and said that she felt good because it was her birthday. The Sister visiting asked if there was anything she would like and Vanessa replied that yes,



she would love a glass of champagne... in a fluted glass please... and with a strawberry! The Sister obliged and then

Vanessa rotating her electric wheelchair, toasting and thanking God that she was alive.

RISE Theatre offered a series of linked sketches which looked at how each

of us is chosen and has a special purpose. This was made memorable when a small group showed how easy it was to pass on anger and pain—and then the whole crowd was asked to pass on high fives with a healthy bit of competition added in to see which side of the marquee could do it most quickly!

Fr Jim O’Keefe looked at *Forward Together in Hope* but took the opportunity to explore the themes of discipleship and maturity that lie behind



the process.


The day closed with a liturgy that picked up on the theme of the Readings of the weekend—the Calming of the Storm and God telling Job that he had set the bounds of the sea long before Job even came into being. Pictures of happy scenes in the diocese gave way to “chaos” and bad news until the phrase “Be still and



know that I am God” grew in volume and stilled the storm. The children then brought in light and hope to the darkened marquee with one bringing in the light for the top of the lighthouse and others sharing the light with others before a group danced to “My Lighthouse”.

A gloomy day gave way to warm evening sunshine and people relaxed at the ceilidh or in one of the many welcoming outdoor spaces at Emmaus Village.

One Sunday, Fr Jim drew the sessions together with thoughts about how we could take something of what we had received back to our communities. Steve Murray moved many to tears with his physical theatre pieces which echoed and deepened themes raised by both Fr Jims over the weekend.

The Festival ended with a joy-filled Mass with many people staying on for a sumptuous Sunday lunch from the generous and welcoming hospitality team at Emmaus Village. 



Festival Photos by Xavier Javier

Please Note : Owing to the summer break there will be no edition of Weavings for August. The next edition will be September 2015.

## Diocesan Evangelisation Team

**Sunday 6 September**  
**The Joy of the Gospel**

An opportunity to come together with Christians from around the North East to listen to a dialogue between Archbishop Malcolm McMahon and Archbishop John Sentamu inspired by *Evangelii Gaudium (Joy of the Gospel)* and conversations between Pope Francis and Archbishop Justin Welby. This will conclude with a service hosted by Bishop Séamus and Bishop Paul in which there will be re-commissioning to live out the joy of the Gospel in our communities.

More information from  
Sr Michael on 0191 581 3249  
marymichael.lee7@gmail.com

## MINSTERACRES

**13-20 July**

**Six day preached retreat**  
Led by Michael Winstanley SDB  
Following the Gospel Jesus

More information from  
01434 673 248  
info@minsteracres.org  
www.minsteracres.org

## St Antony's Priory, Durham

**Monday 27 July-2 August**  
**Individually Guided Retreat**  
Daily meeting with a retreat guide,  
shared silent prayer and space to be.  
More information from  
Tel: 0191 384 3747  
Email: info@stantonypriory.co.uk