

Spiritual sustenance when isolated



Daily



[Pray our daily prayer from the Methodist Prayer Handbook](#)



[Join online Morning Prayer from Wesley's Chapel 10:00 am - 10:15 am](#)



[Pray for others on our Prayer Wall](#) and [Post your own intercessory prayer](#)



[Take part in our daily Bible study](#)

Weekly

Any day of the week



[Dial-a-Prayer](#): Free telephone lines where you can listen to prayer or Methodist News. These are updated weekly. Please share [these numbers](#) with those who are not online.

Every Monday



Join the [President and Vice-President live on Facebook](#) for their weekly chat and prayers at 12:45 pm.

Every Tuesday



Take part in the 15 minute Year of Prayer service at 12:45 pm. [Register to join on Zoom here](#) or [watch live on our Facebook page](#).

Every Sunday



Take part in a live online Sunday service from [Methodist Central Hall Westminster](#). Every Sunday at 11:00 am.



Alternatively you can use [our Worship from home sheets](#) to read through specially-prepared Sunday services yourself.



[Read aloud the specially-prepared Epiphany O Antiphons for 2021](#)

A printable version of this page, and the links contained within, can be found on the Vale of Stour website at

<https://www.valeofstour.org.uk/links/spiritual-sustenance>

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