Sacred Space

Starting Wednesday 29th September

Sacred Space is an open and inclusive gathering for students and young adults

We meet at weekly at 7pm on Wednesdays during University term-time in Canterbury Cathedral Crypt for music, contemplation and discussion about the big questions of life.

Meetings are followed by food and chat.

All are welcome – we look forward to seeing you!
The friendly and welcoming atmosphere is absolutely outstanding.

- the meetings in the Crypt are great to make friends and to take a break from our daily stress!

Theresa

Pizza from Posillipo

Marc

The music and singing was what I really enjoyed... and the food of course.
Sacred Space is my refuge.

I love finishing work on Wednesday and knowing that I’ll be among good people in a mindful & beautiful place.

Christopher

Sacred Space was my mid-week anchor during a tough PACE year. Whether I was having a challenging or occasionally good one, it was a chance to pause and recharge!! A mid-week appointment with God, not to be missed.

Wadzie
29 September  | **New Beginnings**  
A new year makes us all think about what it means to start afresh. We’ll reflect on the emotions and the sense of purpose that this time of year can bring.

6 October    | **Building friendships**  
Human beings are not designed to be alone – but what matters in a friendship, and how do we find it?

13 October  | **Focusing in**  
How do we concentrate on our work – and how does it relate to our identity and our happiness?

20 October  | **Finding space**  
In a busy world how do we make space for ourselves and for those who matter to us?

27 October  | **Keeping calm**  
Stress is a fact of life, but we all experience it differently – how do we cope?

3 November  | **Community living**  
What kind of communities do we want to build, and how can we play our part?

10 November | **Seeking truth**  
People may come to different conclusions, but we all are searching for the truth – what do each of us learn on this journey?

17 November | **Serving others**  
Sometimes it’s only through serving others that we find ourselves – what can each one of us offer to our world?

24 November | **Knowing love**  
Most of us long to love and be loved – what does that mean to you?

www.canterbury-cathedral.org/sacred-space