



# Sacred Space

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**Starting Wednesday 11 May**

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!**



Canterbury  
Christ Church  
University



  
The FRIENDS of  
**CANTERBURY**  
*cathedral*

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The friendly and welcoming atmosphere is absolutely outstanding  
- the meetings in the Grypt are great to make friends and to take a break from our daily stress!



↑  
Theresa



Marc ↑

THE MUSIC AND SINGING WAS WHAT I REALLY ENJOYED... AND THE FOOD OF COURSE.



Pizza from Posillipo ♡

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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 PGCE year!  
Whether I was having a challenging w  
or <sup>an</sup> occasionally good one, it was a  
chance to pause and recharge !!  
A mid-week appointment with ☺  
God, not to be missed.

Wadzie



# Sacred Space

## Rest & Restoration

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Wednesdays at 7pm, Canterbury Cathedral

- 11 May**      **Rest in Music**  
*A candlelit time of ancient and modern music with reflection and silence in the atmospheric Cathedral Crypt.*
- 18 May**      **Rest in Nature**  
*An opportunity to venture out into the natural world to find peace and beauty amidst the busyness of life.*
- 25 May**      **Rest in Art**  
*Finding peace in the visual arts, and an opportunity to still our souls by being creative ourselves.*
- 1 June**        **Rest in Meditation**  
*A chance to be still as we share together in a guided meditation.  
Followed by a Sacred Space end of year picnic.*
- 8 June**        **Sacred Space Trip**  
*A very special visit to Rochester Cathedral to see the art installation Gaia and hear the inspirational Ruth Valerio speak on:  
'Hope for a Gaia in Crisis — Tools for faith-filled resilient living'*

*Sacred Space draws on the wisdom, prayer, and music of the Christian tradition which is the Cathedral's heritage, but also is enriched by the creativity and inspiration found beyond that tradition as well. People of all faiths and none are all very welcome to attend.*

[www.canterbury-cathedral.org/sacred-space](http://www.canterbury-cathedral.org/sacred-space)

