



A Taketime course for spiritual explorers

# JOIN THE JOURNEY

**Are you seeking inner peace  
and spiritual growth?**

Join us on a five-week, experience-based exploration of Christianity for everyone, using Taketime Meditations.

All are welcome! No religious background needed.

- Five FREE sessions during Lent 2025
- Every Thursday from 6<sup>th</sup> March (except 20<sup>th</sup> March)
- At the Salvation Army Hall, Abbey Lane
- Between 7:30 pm and 8:45 pm
- Tea and Coffee provided

To find out more contact Julia  
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[WaldenArmy.org.uk](http://WaldenArmy.org.uk)

*taketime*



Taketime is used by over 100 Christian organisations including churches, schools and prisons, and is supported by the Methodist Church of Great Britain and the Benefact Trust.



# JOIN THE JOURNEY

**This five week course uses accessible Bible-based meditations and a time to share experiences, to help those seeking faith to find it and those with faith to grow.**

## **What to Expect**

Expect a friendly and relaxed group of like-minded people who wish to explore their faith in a safe space.

We will start with a Bible-based meditation followed by refreshments, then a time to share the experiences we had in the meditation. Everyone is invited to share but you are welcome to remain quiet if you wish.

## **What people say about Taketime:**

**"I never knew where to start with religion but this allowed me to be part of the story."**

**"I am no longer alone."**

**"I have found a place where I belong!"**

**"Jesus's words of hope and encouragement are calming the usual chaos in my head!"**

**"I now have an invisible friend called Jesus who walks every step of the way with me!"**

**"Throughout the story, I felt a fire of joy in my heart!"**

**[www.taketime.org.uk](http://www.taketime.org.uk)**