



Welcome to Eden Wild Goose.

EWG is an initiative of the local churches. Our purpose is to explore different ways of acting together to live life to the fullest in our communities.

One way of doing this is by connecting to God through prayer.

'The Rhythm of Life',
the small book in your hands,
can help you in this.

It is yours to use as suits you best.

You might use it once a day, once a week, silently or aloud, alone or with others.

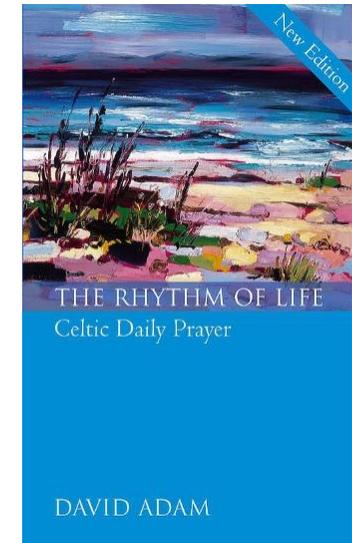
You may choose to join with one of our regular 'prayer knots' where a few folk meet together to pray for the needs of our communities and further afield.

The book is to aid, not constrain you, providing a framework of prayer for the week which you can use as creatively as you wish.

The only thing that really matters is to keep connecting with God in ways that work for you.

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**Connecting
Discovering
Action**

Eden Wild Goose is a network of people from across our churches and communities who are exploring aspects of life in all its fullness. We do this recognising that part of Jesus' mission was to offer us 'life in abundance'. By becoming part of EWG Pray, you are helping to give 'lift off' as you commit to pray for our area: the people, the schools, the farmers and everyone else who lives and works here.

**As part of Eden Wild Goose we make
a Commitment
to Connection
with and in our Community**

We do our best to do this by:
Connection with God

Praying each day or a few times a week for our local and global community on our own or with others

Discovery

Being part of our community in ways we are able, thereby enriching our own and others' lives.

EWG offers some new opportunities for this such as a community choir, craft group and a nature/environment group.

Action

Learning more and more what it means for us to reflect the love of God in our communities, in all sorts of ways, recognising our many different gifts and abilities.

What is prayer?

There is no simple, satisfactory definition of prayer but perhaps at its heart is the idea of relationship with God, or being in communion or communication with God.

There are many books written on prayer and probably not one of them can fully claim to have prayer 'buttonholed'.

We can come to prayer in any number of ways, through the formal means of Sunday Church prayers, to simply sitting silently and consciously, enjoying that seascape or sunset.

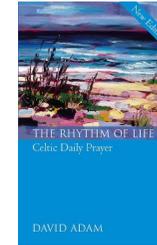
And yet, for all its flexibility and availability very few of us would claim to find prayer easy.

Maybe that is not surprising since understanding God is not possible for our finite minds.

God is mystery.

That's why it can be helpful to have a simple tool like our current book at our disposal, to help us and guide us when we feel at a loss but somehow know we want to connect and reach out beyond ourselves.

The Rhythm of Life



David Adam, the author, has written a number of books about what is known as Celtic spirituality. This is based on what is known about the lives of renowned and respected figures such as St Aidan and St Cuthbert, the first abbots of Lindisfarne, who lived in the 7th century AD and spread the message of the love of Christ, living humbly and walking and praying among the men and women of the Kingdom of Northumbria which in those days extended across to Cumbria and up into what is now Scotland.

EWG in a small way seeks to reflect their way of life, being bonded to its community, and aiming to live lovingly and lightly in the place where we are set. The book in your hands is a tool to help hone a daily life of prayer, where prayer is as natural as breathing, rather than only 'that formal thing' we do on Sunday mornings in church.