

2020 Prayer Bench Subscribers Packages
Please Read Descriptions of Resources Below

PERSONAL	GROUP	STUDENTS and Those in FIRST YEAR MINISTRY
\$69	\$149	\$99
10 Monthly Email Retreats with expanded editions in Lent and Advent. See below for description of this new format. \$99	10 Monthly Email Retreats with expanded editions in Lent and Advent. See below for description of this new format. +10 group participants. \$99++	10 Monthly Email Retreats with expanded editions in Lent and Advent. See below for description of this new format. +10 group participants. \$99++
Deepen your spiritual journey with Holy Week Daily Reflections: <i>Not Just Back Then</i> . \$19	Deepen your spiritual journey with Holy Week Daily Reflections: <i>Not Just Back Then</i> . + Available also to your signed up participants. \$19++	Deepen your spiritual journey with Holy Week Daily Reflections: <i>Not Just Back Then</i> . + Available also to your signed up participants. \$19++
Stroll for Your Soul - <i>Patterns</i> (Individual) 21 days. \$15	Stroll for Your Soul - <i>Patterns</i> Group Package + Register unlimited people \$50	Stroll for Your Soul - <i>Patterns</i> Group Package + Register unlimited people \$50
Summer Sabbath: Four Devotions for the Road, Cottage or When your Church closes for a Summer Sabbath. \$19	Summer Sabbath: Four Devotions for the Road, Cottage or When your Church closes for a Summer Sabbath. + Copyright permission for unlimited email/print. \$19++	Summer Sabbath: Four Devotions for the Road, Cottage or When your Church closes for a Summer Sabbath. + Copyright permission for unlimited email/print. \$19++
	Spirituality of Aging Small Group Study. Five Sessions with the Rev. Dr. Catherine Smith. Use for Lent or anytime. \$29	Spirituality of Aging Small Group Study. Five Sessions with the Rev. Dr. Catherine Smith. Use for Lent or anytime. \$29
	Advent Small Group Study: <i>Christmas 2020</i> . A four week series to help us pause, prepare and ready our hearts. \$29	Advent Small Group Study: <i>Christmas 2020</i> . A four week series to help us pause, prepare and ready our hearts. \$29
	Subscriber Login. All your resources on one webpage.	Subscriber Login. All your resources on one webpage.
Package total \$69 (\$152 value)	Package total \$149 (\$245++ value)	Package total \$99 (\$245+ value)

DESCRIPTION OF 2020 RETREATS AND RESOURCES

The PERSONAL SUBSCRIPTION PACKAGE (\$69)

includes these Resources:

New Format! 10 Monthly Email Retreats

Instead of six emails in Lent, three emails in September and four emails in Advent, you receive an email retreat every month of the year (except July & August.) In February and November, you will receive an expanded edition with extra reflections and practices to take you through Lent and Advent. The new format allows us to explore themes like dreams, pilgrimage, silence & solitude, spirituality of aging, a book study, grief and loss, and more.

You also receive in your personal subscription package
the additional resources described below:

New! Holy Week Reflections

"Not Just Back Then" offers brief daily emails with prayers and practices to deepen our personal journey through Holy Week from Palm Sunday to Easter Monday,

Stroll for Your Soul - Patterns . This popular program offers 21 days of accompaniment through a brief email delivered early each morning to your inbox. Each email offers a practice, or a reflection, or a poem or photograph giving direction to your time spent walking or jogging or biking. Again this year Stroll for the Soul is a collaboration shared by Prayer Bench and Caroline Bindon of Kereru Publishing in New Zealand.

Summer Sabbath: Four Devotions for the Road, Cottage or When your Church Closes for a Summer Sabbath. With its generous copyright you can share Summer Sabbath with your friends. Available as a WORD document so you can personalize the details for your friends.

The GROUP SUBSCRIPTION (\$149)

includes ALL of the above resources with these additional extras.

Wider Use Email Retreats. Permission to share (with attribution) some of the contents of the personal email retreats within worship services, congregational newsletters, and small groups. The Personal Email Retreats may **not** be forwarded (this can result in accidental unsubscribing, which is challenging to remedy.) GROUP subscribers may submit up to 10 names / emails for the monthly retreats, at no additional cost. *Sign up your folks once for the year. You can easily add to or change your list.* Sign up posters and bulletin announcements for email retreats will be provided.

Unlimited Sign up for Stroll. With the group package of Stroll for Your Soul, GROUP subscribers can register as many friends, family, or congregational folk as you wish with a simple sign up. Stroll has been offered as part of Christian formation, used in hospitals, nursing homes and gifted to groups of friends.

Summer Sabbath: *Four Devotions for the Road, Cottage or When your Church Closes for a Summer Sabbath.* With its generous copyright you can share Summer Sabbath with your community of faith. Available as a WORD document so you can personalize the details for your ministry.

Lent / Anytime Small Group Study: The 2019 Small Group Study is *Spirituality of Aging* with the Rev. Dr. Catherine Smith as our guest presenter. Available by February 1.

Advent Small Group Study: A series using four children's books to help us pause, soften, and ready our hearts for the Mystery of Christmas.

Login/Facebook/Email Contact: All your resources will be posted in one page on the Prayer Bench website so you will always have access. Just one password to remember! You also receive an invitation to a private Facebook group where you receive notice when resources are ready. You will also receive periodic email updates.

The STUDENTS & Those in First Year MINISTRY PACKAGE includes everything in the GROUP Package for only \$99.

Available to ministry students and learning sites in various training programs.

And to those serving in a first year of new ministry.

Please include the name and email of the student and/or the name and email of a learning site or community of faith contact.

All Subscriber packages are available for sale until January 31.

After this, resources are available for full price.

Purchase your subscription in the Prayer Bench Shop

<https://prayerbench.ca/shop/>

Questions or Comments.

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