

# **Back to the Office?**

## **Rhythm and Resources for our Daily Prayer**

*An evening of learning, reflection and sharing  
facilitated by Rev'd Canon Doug Chaplin*



**Tuesday 3<sup>rd</sup> February 2026**  
**7.15pm for 7.30pm to 9.00pm**  
**online on Zoom**

**To book your place and lunch please [ctrl]+click here:**

<https://forms.office.com/e/aJsx5yhSS7>

For any questions or problems booking, please contact  
Elaine Voice ([elaine.voice7@gmail.com](mailto:elaine.voice7@gmail.com) or 07747 607216).

We will be in contact beforehand with further details  
and the link you will need to join the session.

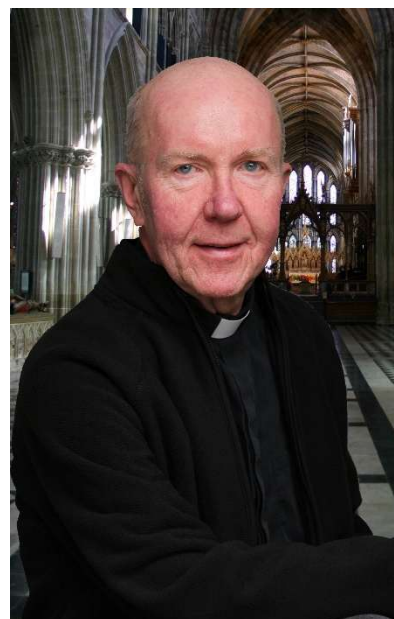
There is no charge for attending the Gathering,  
but we will be inviting donations towards the expenses of the session.

## **Our speaker: Rev'd Canon Doug Chaplin**

The session will be facilitated by Canon Doug Chaplin. Doug is the Bishop's Worship and Liturgy Adviser, and Discipleship and Lay Training Officer for the Diocese.

## **The Purpose and Content of the Gathering**

From relatively early centuries, the church developed rhythms of corporate prayer at key times of the day, especially those moments where night turns to day, and day to night. Over time, this came to be known as the divine office, from a Latin word for duty or service – officium.



In this evening session:

- we shall briefly explore the history and development of the office, its content, purpose and use in different contexts;
- we shall reflect together on the use and value of this pattern of prayer around psalmody and scripture as a scaffolding for personal prayer and our own spiritual nurture;
- we shall learn from and reflect on one another's experience of ways of praying – especially, but not exclusively using one or other of the many forms of office that are used in different churches and communities;
- we shall share recommendations of patterns, practices and apps that we have found helpful.

## **Accessing this Online Gathering**

We will send an email a few days before with a link. We recommend using a laptop or tablet; smartphone screens are a last resort!

If you get stuck accessing the meeting that evening, Nick Wright is on 07871 163140 and will try to help.

## **The Spirituality Network and Spiritual Direction**

The Diocesan Spirituality Gatherings aim to offer support, encouragement and fellowship to all those who are seeking to explore and deepen their spiritual life and awareness. Our network of contacts includes people who seek to listen to and walk with others on their spiritual journeys, and it includes those clergy and lay people who are available to offer spiritual direction or accompaniment. To find out more or to request information about those offering spiritual direction in our diocese, please contact Mary Flitcroft at [maryba4s21@gmail.com](mailto:maryba4s21@gmail.com)

