



**St Mary Help of Christians
Catholic Church
Old Coulsdon**

BIBLE GROUP

Monthly meeting, usually on a Monday 10:30-11:30am in Priest's House. All welcome.

DIVINE OFFICE

The Church's official prayer comprises 3 parts: the Mass, the Sacraments, and the Divine Office. The Office assigns set prayers for different times of the day for Clergy. Many lay people pray morning and evening prayer daily, ever aware that they are praying the same words as Clergy and people all over the world. We have morning prayer here at 9:40am in the Lady Chapel on Wednesdays.

PRAYER BEFORE THE BLESSED SACRAMENT

Quiet Prayer takes place every Friday from 10:30-11:30am; also Wednesdays in Advent and Lent. Holy Half Hour: Exposition and Benediction at 4pm, on 1st Sunday of the month.