



BREATHING SPACE

Meditation & Silent Prayer
before the Blessed Sacrament

St Saviour's Church

Sandpit Lane, St Albans AL1 4DF | www.ssaviours.org



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before the Blessed Sacrament**

**First Sunday of the Month: 6 - 7pm
Thursdays: 8.30 - 9pm (after 8pm Mass)**

This ancient tradition of devotional prayer celebrates the presence of the risen Christ among his people and provides a powerful opportunity for silence, contemplation and peace.

The service usually takes place in the Lady Chapel at St Saviour's, a beautiful space decorated by Martin Travers (1886-1948), one of England's foremost church artists and designers in the Anglo-Catholic tradition.

***Breathing Space* is our regular monthly service but a shorter time of silent prayer (half an hour) is available on Thursday evenings after the 8pm Mass, ending at 9pm.**

Please check the website for current details