



The Church of England
in Essex and East London
Diocese of Chelmsford

5 WAYS TO ENGAGE WITH TRAVELLING WELL TOGETHER



1 Read and reflect on the Travelling Well Together discussion document

A one off activity for groups or individuals that explains the Travelling Well Together approach and takes 30 minutes to 1 hour to complete.

2 Lent Course materials

The Travelling Well Together Lent Course provides a daily 15 minute activity for groups or individuals at any time of year.

3 Watch the Travelling Well Together video reflections

Each video provides a question for you to reflect on as an individual or in a group. They can be used during Lent or at any time of year.

4 Reflect on a Diocesan shared value at the start of meetings

Spend around 10 minutes at a meeting sharing individual reflections on one of the Travelling Well Together shared values.

For example you might discuss how the value 'Awareness of Grace' speaks to each participant's own discipleship or the life of your church.

5 Use the Travelling Well Together Intercessions

Intercessions written by the Bishop of Chelmsford to support prayer in parishes and worshipping communities.



To access the resources on this poster scan the QR code or visit

www.chelmsford.anglican.org/travelling-well-together

