



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

# 5 WAYS TO ENGAGE WITH TRAVELLING WELL TOGETHER



## Resources for individuals and groups

We have created a variety of resources to help you engage with Travelling Well Together.

You can explore the resources as an individual or in a group, you might commit to a regular programme of prayer and reflection over a period of time, or spend a short time familiarising yourself with the material.

## 1 Read and reflect on the discussion document

The Travelling Well Together resource for discussion reflection and prayer, explains the Travelling Well Together approach, sets out 7 shared diocesan values and invites you to reflect on or discuss what the values mean for you in your own context.

This is a one off 30 minute to 1 hour activity for groups or individuals.

## 2 Use the Lent Course materials (at any time of year)

Written by the then Dean of Chelmsford, the Very Rev Nicholas Henshall, the 2023 Travelling Well Together Lent course has been re-released for 2024, but can be used by individuals or groups at any time of year. A daily 15 minute activity for groups or individuals.

## 3 Watch the video reflections

Recorded for Lent 2023, these video reflections about the key themes of Travelling Well Together have been written and recorded by clergy across Chelmsford Diocese.

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. 5 x 15 minute activities for groups or individuals.

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

PCCs, home groups or other small gatherings could spend 10 minutes each meeting sharing individual reflections on one of the 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. The Bishop's Leadership Team have made use of this exercise at their monthly meetings. This can be used as a short 10 minute exercise during regular meetings.

## 5 Use the Travelling Well Together Intercessions

The Travelling Well Together Intercessions have been written by the Bishop of Chelmsford to support prayer in parishes and worshipping communities.

To access the resources mentioned in this leaflet, scan the QR code or visit

[www.chelmsford.anglican.org/travelling-well-together](http://www.chelmsford.anglican.org/travelling-well-together)

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