H E A R T S O N G

Heartsong services are held on the first Sunday of the month at 7pm in a darkened, candlelit church. Gentle, Taize-style, chanting is already underway as we enter, inviting us to gather ourselves and sit quietly or join in. There are cushions at the front on the floor for those who prefer a more informal style of seating. The Priest-led ecumenical service lasts for an hour and includes one or two short readings from a variety of traditions as well as several different chants and a reflection/meditation. After this, we are invited to move to the back of the church for anointing with Holy Oil if we wish.

Each Heartsong, we focus on one sentence, for example “My spirit abides among you; fear not”, which we then sing as a chant. The sentence usually relates to the day’s readings, as well as the current liturgical season and the season of Nature we’re in. Heartsong seeks to form a bridge between and across different spiritual ‘ways’.

The services seem to attract a fairly small but regular group of the St Paul’s community as well as people from the wider community.

Thank you for your support and for coming out on cold, dark nights in Winter!

Caroline (June 2010).