

Memory Worship

*A Place to Remember,
Share and Belong*

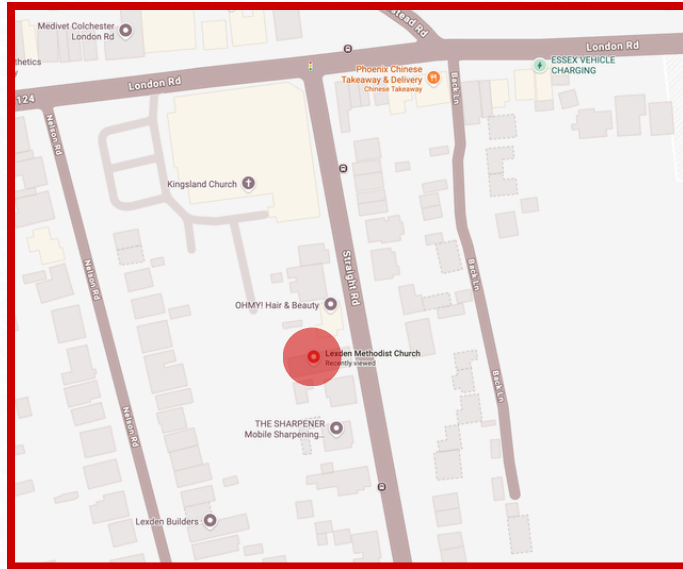


Developed through
Anna Chaplaincy



Commissioned by
Colchester Methodist
Circuit

Where to find us:



Lexden Methodist Church
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Website:

Colchestermethodists.org.uk

How to contact us:

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Phone:

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Who is Memory

Worship For?

Memory Worship is open to older people across our local community.

It is a welcoming space for anyone who would value accessible worship, friendship and time together – including people living with dementia or memory loss, physical disabilities, loneliness or social isolation, or those who find traditional church services difficult to attend.

You do not need to have dementia to come along.

Family members, friends and carers are welcome to accompany someone.

Memory Worship is not a specialist dementia group. It is an inclusive community where everyone can take part in ways that feel comfortable and meaningful.

Come as you are! everyone has a place here.

What is Memory Worship?

Memory Worship is a community space where people can gather, remember, sing, worship, belong and connect. It's a time to share in music, reflection and friendship in a warm and welcoming atmosphere.

We believe that growing older, living with dementia or experiencing physical limitations should never mean losing your sense of belonging.

Memory Worship is not a day service, respite service or care service. Our volunteers are here to welcome, encourage participation, offer friendship and share the experience with those who attend.

If someone needs personal or physical support, they are welcome to attend with a family member, friend or carer who can provide this. Everyone is welcome to come, take part at their own pace and simply enjoy being together.

About Our Sessions

Each gathering offers accessible Christian worship, friendship and time together, with plenty of opportunities to take part in ways that feel comfortable.

A session may include:

- Familiar hymns, music and singing
- Short Bible readings and simple reflections
- Prayer, stories and reminiscence
- Photographs, objects and sensory activities
- Creative activities
- Time to share memories and experiences
- Refreshments, conversation and friendship

This year's programme has been designed around familiar hymns.

You might sing along, listen quietly, enjoy a piece of music, respond to a story, join in with prayer, share a memory or simply enjoy being with others.

"At Memory Worship, everyone can take part in their own way. Every response and every way of being present is valued"

12-MONTH PROGRAMME FIRST TUESDAY OF THE MONTH 2:00PM – 4:00PM



Tuesday 3rd November

Theme: Great Is Thy Faithfulness



Tuesday 1st December

Theme: O Come, All Ye Faithful



Tuesday 5th January

Theme: Be Though My Vision



Tuesday 2nd February

Theme: What a Friend We Have in Jesus



Tuesday 2nd March

Theme: Abide with Me



Tuesday 6th April

Theme: Thine be the Glory



Tuesday 4th May

Theme: Spirit of the Living God



Tuesday 1st June

Theme: All Thing Bright and Beautiful



Tuesday 6th July

Theme: For the Beauty of the Earth



Tuesday 3rd August

Theme: How Great Thou Art



Tuesday 7th September

Theme: We Plough the Field and Scatter



Tuesday 5th October

Theme: The Lord is my Shepherd