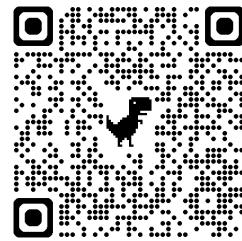




## Chaplaincy Spiritual Rhythms Semester 1, Term 1, 2026

**Location:** All spiritual rhythms (except community lunch) take place in the Prayer and Reflection Space in Forestry 116

**Rhythms last 50mins:** We gather for coffee/tea first, and prayers begin on the half hour



### Monday

**4pm The Examen, with Rev Cirū Mūriūki**—a guided to reflection to help you notice God's presence in your life. Feel free to bring a journal if you like writing

### Tuesday - TBC

### Wednesday

**8am Morning Prayers with Chaplain Cass**—a structured prayer time with space to meditate on Scripture pray for the needs of the day

**12 30pm Community Lunch**—take a study break, make some connections, enjoy some free vegetarian kai. (Location varies)

### Thursday

**9am Daily Office with Chaplain Rev John Fox**—join in with John's daily prayer rhythm from the NZ Anglican Prayer Book (or similar)

### Friday

**9am Daily Office with Chaplain Rev John Fox**—join in with John's daily prayer rhythm from the NZ Anglican Prayer Book (or similar)