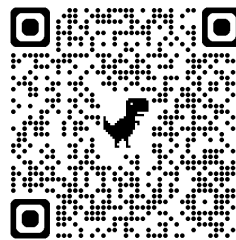




Chaplaincy Spiritual Rhythms Semester 1, Term 1, 2026

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)