

## Valley Region

**Please CONFIRM** with the contact or parish - this webpage is updated seasonally. If you wish to share your prayer/contemplative/formation events or your parish's open-for-prayer times, phone 902.835.2619 (please leave a message) or email [prayeraroundthediocese@gmail.com](mailto:prayeraroundthediocese@gmail.com)

| Title/prayer group    | Parish                                                                                 | Contact                                                                               | Date and Time                                                                          |
|-----------------------|----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| Prayer Shawl Ministry | Trinity - Digby<br>109 Queen Street<br>Digby NS                                        | Jean Stephens<br><a href="mailto:jscrafty.56@gmail.com">jscrafty.56@gmail.com</a>     | 10:30 am<br>first Tuesday of the<br>month - Sept-June                                  |
| Compline              | Trinity - Digby<br>109 Queen Street<br>Digby NS                                        | Susan Puxley<br><a href="mailto:sjpuxley@hotmail.com">sjpuxley@hotmail.com</a>        | 7:00 pm<br>third Wednesday<br>of the month<br>Sept-June                                |
| Christian Meditation  | St. John's Horton,<br>Narthex Enter from<br>cemetary side<br>160 Main St,<br>Wolfville | M. Finlay<br><a href="mailto:mfin488@gmail.com">mfin488@gmail.com</a><br>902 385 5199 | Fridays 11:00 am<br>(in the narthex -<br>enter from<br>cemetary side of<br>the church) |
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