

## Chignecto 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
Meditation (following the contemplative way of Christian prayer - John Main)	St. John's Truro 23 Church Street, Truro	Lori Ramsey <a href="mailto:llramseyis@gmail.com">llramseyis@gmail.com</a>	Friday 10:00 am Sept to June
Lectionary Bible Study - discussing the readings of the week.	St. John's Truro 23 Church Street, Truro	Parish office <a href="mailto:stjohnstruro@ns.sympati.co.ca">stjohnstruro@ns.sympati.co.ca</a> or 902.897.0566	Friday 11:00 am Sept to June
Spiritual Café - discussion and refreshments	St. John's Truro 23 Church Street, Truro	Parish office <a href="mailto:stjohnstruro@ns.sympati.co.ca">stjohnstruro@ns.sympati.co.ca</a> or 902.897.0566	Fridays 9:00 am once a month. Dec 5 then contact parish.