




KAIROS MOVEMENT MENU

A GUIDE TO SELECTION

Just as in any restaurant menu, we don't anticipate that you will wish to consume everything on this menu.

Some of it will be recognisable and contain elements of Christian life which are familiar, although perhaps presented with a modern twist. Other elements may feel quite different, or alien, and draw on a wider spiritual landscape. Some activities we are experimenting with for the first time, some longer established. We hope, as part of your journey, as you seek a pattern of life that will enable you to Flourish, that you will dip into each of the three sections: **ENCOUNTER, ENCOURAGE AND EXPLORE**. And of course, we know that many of you have other spiritual dining places to attend, where you already have discovered menu items that bring you life, and we are very happy that is the case. If you simply find the selection bewildering, and are not sure where to start, we'd love to help you, just drop us a line, email, join our whatsapp or pop in to one of our lounge events where we can chat with you. You'll find all the zoom links on the website under the events menu

www.kairosmovement.org.uk or email us at leaders@kairosmovement.org.uk

Key: Zoom Meetings  Online Access  In Person 

ENCOUNTER

WITHIN A GROUP



Mon Morning Meditation

A group gathering at Acomb Methodist churches, for a half an hour of silence, to meditate using whatever technique suits you.



9:00pm Tuesday Compline

A short reflective time, meeting on Zoom, based on the ancient examen technique of recalling the day



7:30am Thursday Morning Prayers

Meeting on Zoom. A 10 min prayer time, including a short inspirational reading, time to hold people in prayer, and concluding with Matt's prayer.



9:15am Celtic Prayer

Meeting in person at Acomb Methodist church, a half hour gathering using the Northumbrian community morning prayer liturgy.



Quiet Days / Evenings

Kairos offers a variety of times set aside for reflection, prayer and creative response based on an Ignation approach.

INDIVIDUALLY



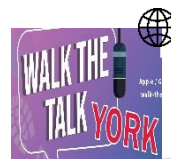
Silent Meditation

Using our stilling exercises to simply rest in Gods presence.



Prayers

Take some time to be with God. There are many techniques and we offer a variety of set prayers, liturgy and ideas.



Walk the Talk Podcast

In partnership with Kairos, we interview charities and projects making a difference in our area and discover their motivations.



Take Time Meditations

A guided Ignation style reflection available as an app, or online that will help you reflect on short bible story.



Podcasts (Various)

We offer some suggestions on our website and to one another of podcasts we have found helpful. Do share your favourites with us.



Bible Study Sunday

A monthly zoom gathering where we together read and discuss a short passage from the bible, helping each other unlock its meaning for us.



Personal Bible Reading

Take some time to engage with the bible story, and seek echoes for you. We offer links to useful study notes to assist.



Daily Reader Conversations

Those who are following our daily reader, gather every few months to reflect and share and discussion what we have read.



Daily Reading

Kairos are presently reading together 'Seeking Aliveness' by Brian McClaren. A personal devotional activity, we do share our thoughts on WhatsApp.



Nomad Discussion Group

Listening to a chosen podcast each month a small group meets on Zoom and discusses what we have heard, and how it resonates for us.



Nomad Podcast

Nomad features interviews with writers and thinkers who challenge the traditional church, and explore new spiritual approaches.



Selby Street Fridays

Experience the presence of God in this eclectic, and sometimes chaotic, but wonderful community.



Acomb Quiet Garden

Come and enjoy some peace and stillness in Acomb's Quiet garden open during daylight hours.



Craft Retreat

For those who find life in the creative, this group sets aside a morning each month to enjoy their crafting together, with good coffee and conversation.



Creativity

There is something holy about creating something, and we encourage you to find something that enables you to express yourself in this way.



Park Run

Several of our members find exercise an important part of their flourishing and Park Run provides a wonderful community in which to do so.



Walking / Running

You don't need a group, to both exercise, but also find the spiritual renewing of some time in nature.



Poetry Group

During Lent 2022 a group met using poems as their inspiration, meeting to discuss, and even write their own. We hope to repeat.



Writing

If you enjoy reading or writing poetry, check our our resource pages for our recommendations. We'd love to have you share your creations.



Divine Focus

A combination of worship, viewing and sharing the photos and the accompanying stories and thoughts of the images we have taken drawing on a monthly theme.



Photography

You don't need a group, to use the camera as a means of spiritual engagement. We call it Visio Divina, ask us about it.



Huddles

Groups coming together for a short period of time, or regularly over a longer period to focus on an element of learning or development.



Training Courses

When we identify giftings, and people express a desire to develop them, we encourage and assist them to pursue training.



Grass Roots Groups

Small self-forming, intimate groups who gather regularly, each with their own rhythm and menu of activities, but meeting regularly to enter into deeper conversation and accountability in their journey of faith. We encourage everyone in Kairos to become part of s such a group.



Space

We deliberately try and keep the fourth week of each month as free as possible of activity so there is time to pursue other things outside of Kairos.

ENCOURAGE

IN PERSON & THROUGH STORY



Kairos Lounge

The Kairos lounge is an opportunity to meet with others, on zoom, at different times. There is no set agenda, although we occasionally have a theme to chat around, but in general its just time to catch up, share new, ideas, or simply spend a little time with others socially.



Campfire

For those in training, or pursuing new activities where we hope to bless others, or those with an idea they wish to flesh out, this is an opportunity to come along, share with others, ask questions and seek collective wisdom.



Deep Talk

A simple, creative and visual technique for enabling a group of people to enter into a story, seek the resonances for them, and together re-story the story to reflect their shared experience. We use this technique alongside some of our other gatherings to connect more deeply.



WhatsApp / Slack

We are presently experimenting with the best way to keep in contact, and share ideas. Many of use WhatsApp, and we have a few groups for different areas of activity, but we are also trialling slack which allows for more categorised conversation, and less notification pings!



Gather.Town Gatherings

Gather.Town is a cross between a video game, and zoom. It's a place where you can choose who you interact and chat with, as well as interacting with the online world. Our Advent sharing, was hidden in a Gather/Town town, with videos, puzzles and games, and we explored it together.



FiveX5

Five people, take five minutes each to tell their stories, based on a monthly theme. They may be a story from the bible or ancient wisdom, a person story, a poem, song or photos that they wish to share. We listen to all five and then as a group respond to what has been shared, with our own stories, reflections, and prayers as we feel led.



Monthly Gathering

Being a community dispersed over a relatively large geography many of our activities are online. We aim to gather monthly, physically in different places around the district so we can meet in person. We aim to make these gatherings fun for the whole family.



Encouragement

We hope every person within Kairos will encourage one another. We also have trained mentors, and spiritual directors who can help you spiritually discern in a more focussed way.



Cinema / Theatre/ Events

If you've a film you want to watch, or theatre show you know people will love, then we encourage you to share it with others, and perhaps meet up before or after to share a drink.



Craft Retreat

For those who find life in the creative, this group sets aside a morning each month to enjoy their crafting together, with good coffee and conversation. Each person brings whatever craft suits (or just join us for the coffee and conversation).

EXPLORE

KAIROS GROUPS AND PARTNERS



Peaced Together

Kairos partner with the Peaced Together organisation, and a small local team led by some of our members are offering ten week courses, which use craft to help women to express and work through some of the brokenness they encounter in their lives.



Selby Street Mission

Selby street has a fabulous ministry and offers a place of welcome and belonging, alongside the local church and volunteers to those on the fringes of society, and gently shares conversation inspired by the stories of Jesus to encourage healing and love to be encountered.



South Bank Studios

A community of artists in residence at Southlands Methodist, who are partnering with us, to engage with the community. The art naturally leads to deeper conversation and spiritual expression.



Rooted in Hull

An urban farm, inspiring permaculture techniques, and hosting a wide variety of community building events, we have partnered with Rooted on several occasions, for our gatherings, and continue to support and engage with their activities when we can.



Refugee and Asylum Group

A peer support group, for those working across our region with Refugees and Asylum seekers. The group aims to support, to share ideas and practice, and where possible integrate their work.



Pride / Inclusivity

Kairos is an inclusive community and we have been enthusiastic to support and be involved in Pride in both Hull and York so far.



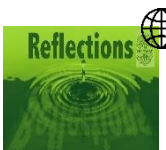
Quiet Garden

A number of us are bringing our gifts together, to partner with Acomb Methodist church and the Quiet Garden Movement (and others) to transform their community garden and quiet garden into a retreat space, with regular prayer, spiritual direction and counselling, as well as group, and in the future family retreat spaces.



Eco-Group

Several of our members have joined the York Circuit environmental group, but we hope to extend this into other parts of our region.



Reflections

We encourage kairos members, who have a story to share, poem, piece of music that inspires, to consider sharing it through our social media and youtube channels. We can assist you in recording resources that will inspire, encourage or help others in their journey.



Launchpad

We recognise that lots of people have a calling, or idea for ministry or blessing others, burning away, but need a few friends, or a few partners to begin to explore the initiative and make it a reality. We hope to help connect you, publish your idea, and link you with people who shared your passion.