



WAYMARKS FOR THE JOURNEY

Daily Prayer to Change Your world

By Ray Simpson

From the Publisher on the back cover:

'I am the way, the truth and the life'

Jesus did not call people to join an organisation, but to follow a way of life. Under the guidance of Ray Simpson, renowned for his expertise in Celtic spirituality, this daily prayer book is structured according to the way of life adopted by the Community of Aidan and Hilda.



Along with a short Bible reading and reflection, each day includes a step to enable readers to move away from what is destructive towards what is life-giving. There is also a unique spiritual breathing exercise following the rhythm with which our bodies breathe, allowing us to pray with our very core, wherever we are.

A Personal Message to Aidan and Hilda Members and Friends from Ray Simpson

Members from around the world have contributed to this book, which I regard as my life-blood outpoured especially for the Aidan and Hilda family. January explores our Three Life-giving Principles. Each month from February to November covers one of our Ten Waymarks. December highlights the lives and significance of Aidan and Hilda. This book is intended to be a daily companion for many years, and also contains prayers and material that ministers may use in preaching.

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