

# PAROUSIA: MILTON KEYNES HOUSE OF PRAYER (MKHOP)

England & Wales · Charity number 1196780

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2021-11-25

**Register** [View on the Charity Commission register](#)

## Contact

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**Website** [miltonkeyneshouseofprayer.org](http://miltonkeyneshouseofprayer.org)

## Activities

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**Objects:** TO ADVANCE THE CHRISTIAN RELIGION FOR THE BENEFIT OF THE PUBLIC MAINLY, BUT NOT EXCLUSIVELY, THROUGH THE PROVISION OF FACILITIES, WEEKLY RHYTHM OF PRAYER, EDUCATIONAL SEMINARS, LECTURES AND WORKSHOPS, TRAINING AND PERSONAL SUPPORT TO ENABLE INDIVIDUALS TO EXPLORE AND DEVELOP THEIR CHRISTIAN FAITH AND SPIRITUAL DIRECTION.

**Activities:** We advance the Christian religion for the benefit of the public mainly, but not exclusively, through the provision of facilities, weekly rhythm of prayer, educational seminars, lectures and workshops, training and personal support to enable individuals to explore and develop their Christian faith and spiritual direction. Activities take place mainly at the registered premises for the charity.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Religious Activities
- **Who:** Elderly/old People, People With Disabilities, The General Public/mankind

## Geography

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- Milton Keynes

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-04-05	£1,105	£1,329	-	-
2024-04-05	£4,521	£294	-	-
2023-04-05	£642	£0	-	-

## Trustees

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Name	Role	Appointed
<b>Rev Charmaine Bernadette Howard</b>	Chair	2021-11-23
Ayodeji Ocholi Audu		2021-11-23
CAROLINE HAYLEY JENKINS		2021-11-23
Caroline Ann Gill		2025-04-10
Christine Joy Graham		2024-01-09
John Charles Joseph Howard		2021-11-23
Paul Gordon Graham		2024-01-09

**PAROUSIA: MILTON KEYNES HOUSE OF PRAYER (MKHOP)**

England & Wales - Charity number 1196780

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# Accounts

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# **Trustees' Annual Report**

**For the period:** 6 April 2024 to 6 April 2025

**Charity name:** PAROUSIA: Milton Keynes House of Prayer (MKHOP)

**Charity registration number:** 1196780

## **Objects of the Charity**

The purpose of the charity is:

To advance the Christian religion for the benefit of the public, mainly but not exclusively, through the provision of facilities, a weekly rhythm of prayer, educational seminars, lectures and workshops, training, and personal support to enable individuals to explore and develop their Christian faith and spiritual direction.

## **Activities and Achievements**

The purposes of the charity were achieved through the following activities during the year.

### **Daily Prayer and Worship**

MKHOP continued to open Monday to Thursday between 10.00am and 4.00pm, providing members of the public with access to the facilities for private prayer and worship. The art room, containing a wide range of materials, and the library were particularly well used.

During the year, seventeen people used MKHOP for private prayer and worship at least once a month, with others attending on an ad hoc basis.

### **Tuesday Morning Prayers**

Weekly prayers, led by Martin Lever, were held every Tuesday morning between 9.30am and 10.30am. A regular group of around ten people attended each week, with others joining occasionally.

The prayer time consists of a short period of sung worship followed by open prayer. The focus is primarily on praying for the local community, while also including wider national and global issues. A time of fellowship, with drinks and biscuits, follows the prayer session.

### **Monthly Creative Prayer and Worship**

MKHOP continued to offer a monthly interactive, sensory and creative prayer session on the first Thursday of each month. This is led by Charmaine Howard and Ian Pearce, both of whom are spiritual directors.

Although the group was originally established as a space for people living with dementia and their carers, the majority of attendees do not have dementia and value the interactive and sensory nature of the prayer time. The group has a regular attendance of eleven people, plus two carers.

## **Church and Community Prayer and Worship**

The charity supported churches and community groups by providing a space away from the busyness of work and daily life, enabling participants to reconnect with God and rest in God's presence.

During the year, seven churches and community groups used the facilities regularly for leadership prayer and reflection, retreats, away days, and Alpha courses.

## **Retreats**

The charity facilitated three retreat days during the year.

### **A Beginner's Guide to Contemplative Prayer**

This retreat, led by Ian Pearce, was fully booked. It helped participants to centre themselves, meditate, pray, and rest in the stillness of God's presence. Participants were introduced to tools and techniques to help still the mind and develop a contemplative prayer practice.

### **Noticing the Presence of God**

This retreat was oversubscribed and was led by Michelle Audouard, who is trained in spiritual direction and Christian mindfulness. Participants were offered a range of practical ways to engage with God, notice God in the present moment, in nature, and in everyday life, and to cultivate the habit of living in God's presence.

Two participants were deaf and were supported by an interpreter. Verbal feedback on the day indicated that this was a very successful event.

### **Bible Art Journalling**

This retreat day was also oversubscribed. It was a practical retreat led by Deborah Gregg, who guided participants in using a range of artistic expressions to meditate on the Bible. Techniques such as mark making, drawing, lettering, stamping and painting were used to help participants connect with God's word, reflect, visualise, and express their personal spiritual responses. The retreat was accessible to all and did not depend on artistic skill.

## **Public Benefit**

The work of the charity during the year benefitted the public by providing space, time and support for individuals to creatively reflect on their relationship with Jesus, grow spiritually, and develop their Christian faith.

<b>Parousia: Milton Keynes House of Prayer (MKHOP)</b>	
<b>Financial Statement</b>	
<b>April 2024 - April 2025</b>	
<b>Income</b>	
Donations	1105.47
<b>Total income</b>	1105.47
<b>Expenditure</b>	
Bible Art Journalling	325.18
Soul Mark Trust Course	720.00
Website Maintenance	283.99
<b>Total Expenditure</b>	1329.17
<b>Balance</b>	
Opening	4869.14
Closing	4645.44

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England & Wales - Charity number 1196780

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# Accounts

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# **Trustees Annual Report**

**For the Period from:** 6th April 2023 to 5th April 2024

**Charity Name:** PAROUSIA: MILTON KEYNES HOUSE OF PRAYER (MKHOP)

**Charity Registration Number:** 1196780

The purpose of the charity is:

To advance the Christian religion for the benefit of the public mainly, but not exclusively, through the provision of facilities, weekly rhythm of prayer, educational seminars, lectures and workshops, training and personal support to enable individuals to explore and develop their Christian faith and spiritual direction.

The purposes of the charity was achieved through:

## **Tuesday Morning Prayers**

Weekly prayers on Tuesday Mornings during term time. These are led by Martin Lever who is a volunteer. The prayers are open to the public and people attend in person. The prayer time is also accessed via Zoom. The link is published and one person uses this online facility each week, with other people joining occasionally. Currently, there are ten regular attendees with other people joining on occasion. The prayer time consists of a short time of sung praise and worship, which Martin leads on the guitar, followed by a time of open prayer. The focus for prayers still tends to be for the local communities and Milton Keynes. However individuals are encouraged to pray for issues around the world that they are concerned about and those known to them who are in need of prayer. For future it may be worthwhile having a more formal focus each week to encourage prayer for the wider community and global issues. The worship time closes with a time of fellowship over tea and coffee. Individuals are encouraged to stay and use the art room, library and quiet space to continue their prayer and worship in creative ways. Through out the year four people have stayed on each week to explore their spirituality and spend time with God in this way.

## **Monthly Creative Prayer and Worship**

This year the Charity has offered a time of prayer using a sensory approach. The prayers have been focussed on encouraging people to explore their faith and connect with God through their senses and memories. The intention was to focus particularly on people with Dementia and their carers, however, most people who attended did not have dementia or memory loss. Some attended on their own and

others with carers, however they were all interested and engaged in the sensory, creative prayer time. The prayer time lasted an hour and was regular attended by eleven people including two carers. The prayers are offered on the first Thursday of each month and is led by Ian Pearce who is a Spiritual Director and volunteer.

### **Daily Prayers and Worship**

MKHOP continued to open Monday to Thursday between 10am and 4pm for members of the public to use the facilities and engage in private prayers. The art room, containing a wide range of material, the library and the Quiet Zone continue to be well used. During the year there were seven people who used the facilities for private prayer and worship once a week and another eleven people who used the facilities on average once a month. A further seven people used the facilities to pray and worship on an ad hoc basis.

### **Church and Community Prayers and Worship**

Four churches and four community groups used MKHOP to pray, worship, spend Quiet Days in God's presence and to encourage their members to refresh and restore through deepening their relationship with Jesus. The chapel was used to provide space for church and community teams and leaders to meet for prayer, reflection, 'visioning' days and planning meetings.

### **Retreat Days**

MKHOP hosted four retreat days this year. The creative retreat days were practical and required participants to use tables. This limited the number of participants we could host to fifteen. Each retreat day was full to capacity.

The Lent Retreat, led by Rev. Ayo Audu was inspiring as it encouraged participants to pray using beads. Each person was given a rosary and shown possible ways of using rosary to pray. This was a particularly helpful retreat as it suggested how prayers can be said any where at anytime using the rosary to prompt, support and remind us.

The Labyrinth retreat, led by Fay Rowland was particularly popular with more than fifty people enrolling. We were able to accommodate this demand by holding two Retreat days and workshops. They were very successful days in which participants built a labyrinth using strips of fabric. They were able walk the labyrinth and pray. A range of embroidered/sewn, sand and table top labyrinths were also made and used in prayer based on the Psalms.

The popularity of these retreats suggests that this is an area that should be developed in the future. Another area for future development is that of inviting Speakers on various Christian theology and ethics. They would engage participants in exploring ways in which theology and ethics impact daily life and spirituality.

### **Hospitality**

Hospitality is a key feature of the events that is hosted at MKHOP. It provides opportunity for fellowship and developing new understandings in a relaxed manner whilst sharing food. On a practical level, the provision of a light meal provides the necessary food for the body and so frees people to focus on filling their spiritual hunger.

The work of the charity this year benefitted the public by providing space, time, support for them to creatively reflect on their relationship with Jesus, grow spiritually and develop their Christian faith.

### **Financial Statement April 23 - April 24**

<b>Income</b>	<b>Expenditure</b>	<b>Balance</b>	
		642	Opening
4521.72	294.58		
		4869.14	Closing

### **Expenditure**

Safeguarding: Oversight and Training by ThirtyOne Eight	150
Labyrinth:	74
Provision of food at Retreats:	70.58
<b>Total:</b>	<b>294.58</b>

### **Commentary**

We are extremely grateful for the single large donation we have received in addition to the numerous smaller ones. These generous benefactors have enabled us to offer our courses without financial obligation to all who wish to attend. In addition, we now have the financial freedom to develop the charity further.

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England & Wales - Charity number 1196780

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# Accounts

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# **Trustees Annual Report**

**For the Period from:** 25th November 2021 to 5th April 2023

**Charity Name:** PAROUSIA: MILTON KEYNES HOUSE OF PRAYER (MKHOP)

**Charity Registration Number:** 1196780

The purpose of the charity is:

To advance the Christian religion for the benefit of the public mainly, but not exclusively, through the provision of facilities, weekly rhythm of prayer, educational seminars, lectures and workshops, training and personal support to enable individuals to explore and develop their Christian faith and spiritual direction.

The purposes of the charity was achieved through:

Weekly prayers on Tuesday mornings that is open to the public. There are 8 regular attenders each week with other members of the public joining in prayer less frequently. The Tuesday morning prayers consists of a time of sung worship followed by a time of open prayer. The focus for prayers tends to be the local communities (parish) and Milton Keynes. The topics for prayers have reflected local concerns. Prayers are also encouraged to pray for the things, people and places that are on their hearts and minds. This prayer time lasts an hour and closes with a song. There is a short time of fellowship at the end of prayers where folks enjoy tea or coffee and a chat. Weekly worship also took place on Saturday evenings. This consisted of sung worship and soaking in the presence of God.

The charity was open daily Monday to Friday between 10am and 4pm for members of the public to engage in private prayers. The chapel was open to those who needed to rest quietly in the space and communicate with God quietly or aloud. The Art room was open for people to explore their spirituality through a range of art media including paints, clay, sewing, chalks, pastels, mosaic, mod roc and beads. The Quiet zone was open for the public to explore and grow spiritually by engaging with different objects and spaces. The library was open for those who wished to explore their spirituality and develop their relationship with God through reading the Bible, Commentaries, a range of poetry, plays and stories. In all areas people were encouraged to write prayers, poems or drawings in response to their spiritual experience.

Milton Keynes House of Prayer (MKHOP) was also used by three community and two church groups to help their members spend time in God's presence and

deepen their relationships with Jesus. The chapel provided space for the PCCs of two churches to meet for prayer and reflection during the year.

Also, one Quiet Days was held this year this was well attended. The Theme for the Quiet Day were “Seeing Myself through Jesus’ Eyes.” Attendees reflected on Bible passages and poems and then responded by creating a picture of themselves. The day offered opportunity for the attendees to use the facilities and go for walks along the nearby river, parks and canal and to reflect on how God is at work in creation and in their personal lives. Attendees were also offered the opportunity to talk to and be supported by the Spiritual Director if they felt this would be beneficial to them.

The work of the charity this year benefitted the public by providing space, time, support for them to reflect on their relationship with Jesus, grow spiritually and develop their Christian faith.

### **Financial Statement**

As a new charity MKHOP is beginning its plans to introduce courses, retreats and quiet days in accordance with its Charitable purposes. During this planning stage no expenditure was incurred. The charity received some regularly donations and some one off donations.

<b>Income from 25th November 2021 to 5th April 2023</b>			
Regular Donations	£350		
One off Donations	£292		
Total Income	£642		
<b>Expenditure from 25th November 2021 to 5th April 2023</b>			
Speakers	£0		
Expenses	£0		
Materials	£0		
Total Expenditure	£0		