

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.

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