

Service	Station/Channel	Time	How to get it
Choral Evensong: sung evening prayer, usually with an anthem, in a Cathedral style.	BBC Radio 3	Wed 3:30pm Repeated Sunday 3pm	92 – 95 FM and DAB Digital Radio
Sunday Worship: Radio broadcast of worship from a church; the closest to “a normal Sunday service”	BBC Radio 4	8.10am Sunday	103 – 104 FM and DAB Digital Radio
Daily Service; a 15min service of music, prayers and scripture	BBC Radio 4 Long Wave or Radio 4 Extra	09:45 Mon - Saturday	Long Wave: 198 or to get Radio 4 Extra on DAB: After tuning to Radio 4 DAB, select "Daily Service" (from your display, shortly before it is due to start) with the tuning wheel and press the selector button.
Songs of Praise. A religious magazine TV programme; interviews, prayers and hymns/songs. Words appear on the screen so you can join in singing.	BBC One, (TV)	usually 1:15pm	