

Venue:

The course will take place in **Christchurch Centre, 6a Morningside Road, Edinburgh.**

Time:

The course begins with an opening weekend in October (which we encourage all participants to attend) and ends shortly after Easter. All other sessions will be held on **Tuesday evenings 7.00 – 9.30pm.**

Course dates for 2010-2011:

October	29 th /30 th	(Opening weekend)
November	2 nd ... 16 th 23 rd 30 th	
December	7 th	
January 18 th 25 th	
February	1 st ... 15 th 22 nd	
March	1 st ... 15 th 22 nd 29 th	
April	5 th ... 19 th	
May	Retreat 6 th /7 th (Friday evening/Saturday)	
	Final session 17 th	

Course Fee:

The course fee is **£320.** (*No-one should feel excluded because of cost – please enquire about financial help.*)

Applications and further information:

Applications should be made as soon as possible using the enclosed form. For more information please contact:

Claire Starr.

t: 0131 4493045

e: clairestarr@talk21.com

GROWTH IN PRAYER AND REFLECTIVE LIVING

October 2010 - May 2011

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For those who want a closer relationship with God

For those who struggle with prayer

*For those who want to make choices in their lives which are
in tune with*

God's hopes and desires for the world

*

Facilitated by...

EPIPHANY  GROUP
rooted in the Ignatian tradition

Growth in Prayer and Reflective Living

This course aims to help participants develop and deepen their experience of prayer and live more reflectively. It offers opportunity to explore faith, discover meaning and come to a deeper, closer relationship with God. In doing so, it provides space to examine hopes and desires and to move towards the fullness of life we long for in ourselves, in those around us and in the global community to which we all belong.

Course Content

Participants are offered opportunity to:

- *Experience different ways of praying* taken from Ignatian and other spiritual traditions. These include coming to stillness, silent waiting, praying with scripture, imaginative contemplation and prayer of review.
- *Explore aids to prayer and reflection* including journaling, artwork, body awareness, music and use of images.
- *Develop and deepen awareness* of different perceptions of God and self.
- *Discover a way of making prayerful choices* in tune with God's hopes and desires for the world through an introduction to Ignatian discernment.

Method

The method is primarily experience-based and reflective. Sessions include input, guided space for prayer and reflection and small group sharing. In addition to the weekly group meetings participants are offered the opportunity of one to one spiritual accompaniment. Towards the end of the course

there is a short retreat. After the course, an optional five week **Retreat in Daily Life** is offered through May for those wanting to deepen their experience further.

Who is the Course for?

The course is open to those of any denomination and none. No particular experience of prayer is required, only a desire for God. Participants should be prepared to share some of their experience of prayer with others. Because of the participatory nature of the course, it is important that there is a commitment to attend regularly.

Course Team

Julia Ling, Claire Starr & Elizabeth White.

*The team are all members of the **Epiphany Group** – an ecumenical group of women and men working across Scotland committed to ministries arising from the Ignatian Spiritual Exercises.*

Afterwards?

Growth in Prayer and Reflective Living is complete in itself. Some participants, however, go on to a subsequent year, **Spiritual Conversation**. The focus of this course, whilst continuing to nurture individual spiritual growth, is on training in listening helpfully to others and in the art of spiritual conversation. The course enables participants to engage with others in informal conversation at a spiritual level and may provide a basis for initiating and leading reflective, faith sharing or study groups. Some go on to a further year of training in **Spiritual Direction**. For further details go to: www.epiphanygroup.org.uk

**Growth in Prayer and Reflective Living
2010-2011**

APPLICATION FORM

NAME:

ADDRESS:

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TELEPHONE:

E-MAIL:

DATE OF BIRTH:

Please say a little about yourself and why you would like to do this course:

Whilst not obligatory it would be helpful for future planning to receive the following information.

Age (please circle as appropriate):

21-30 31-40 41-50 51-60 61-70 71-80

Denomination (if applicable):

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How you heard about the course:

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Applicants will generally be asked to come to an informal interview.

After acceptance, a £30.00 registration fee is payable which is deducted from the total fee. The remainder of the fee is normally paid in instalments during the year. *Cheques should be made payable to: 'Epiphany Group'.*

Please return your application as soon as possible to:

Claire Starr
4, Horsburgh Grove,
Balerno,
Edinburgh,
EH14 7BU.

t: 0131 4493045
e: clairestarr@talk21.com