

**Spiritual Direction Course (08/09)**

This course had not run for several years. Nine people took part and the course was led by Cath McManus, Mary Grant rscj and Alison Moody. We used the Skye room and two nearby breakout areas in the Gillis Centre.

Several of the participants were already practising spiritual direction, leading regular reflective prayer events and /or experienced in similar disciplines. This led to a lively group, keen to learn, knowing where the gaps in their knowledge lay, with plenty of questions and sufficient practice to develop experience. The year was enhanced by many of the group helping to guide in the two retreats in daily life which took place in Edinburgh in the first half of the year.

We are pleased and thankful that members of the group are without exception offering spiritual direction and making themselves available to respond to the increasing number of requests that come in for accompaniment. Also that they continue to develop the work in their own places through quiet days, prayer courses and organizing of rdl's.

At the end of the year we said a grateful farewell to Mary Grant rscj who has supported the teaching of the infant Epiphany Group so ably, generously and wisely. We wish her all that is good in her 'retirement'.

**Spiritual Conversation Course (09/10)**

The Spiritual Conversation course is being offered this year at Gillis Centre. There are 10 participants led by Elizabeth South, Cath McManus and Julia Ling. Mary, despite retiring last session is giving welcome support.

**Growth in Prayer and Reflective Living (08/09 and 09/10)**

The session of 08/09 took place at Simpson House, Queen Street, Edinburgh, this proved difficult administratively but the participants saw no problem and formed a supportive group for one another. Several have gone on to take part in the Spiritual Conversation course; others are meeting together regularly to continue what was begun; still others continue in spiritual direction and one or two are making the Full Exercises.

We have now moved to the Christ Church Centre in Morningside. Julia Ling is leading supported by Alison Moody, Claire Starr and Elizabeth White. We breathe a collective sigh at the uncluttered space we are able to offer in this venue; a possible downside is only being able to meet three out of four weeks in the month and that we have had to curtail evenings by half an hour. We'll take stock on how this has been at the end of the year.

The year began with 18 participants, we have lost one. Several people who applied later were pointed towards the shorter course the Scottish Episcopal Church are running in January, this will be led by Elizabeth White and others from the Epiphany Group. There continues to be a rich mix of faith and culture among the people taking part in the GPRL. All desire to grow in awareness and to deepen their prayer lives, some are exploring vocations. Not a few said that their interest had been raised by the rdl's offered in the city earlier in the year. Others had found us through the web site.

## **Supervision Group (09/ 10)**

A group of three directors who are beginning to give the Exercises are meeting together for supervision facilitated by Alison. It is hoped that this shared activity will provide opportunity for greater growth and understanding in the giving of the Exercises.

If others would like to take part in a similar group, either for giving Exercises or for supervision of spiritual direction practice in general, please get in touch with Elizabeth South or Alison Moody.

## **Retreats in Daily Life (09)**

During Lent, at the initiative of Gerry Hughes sj, a Week of guided Prayer / Retreat in Daily Life was offered. Members of the Epiphany group, new and old, from far and wide, gathered together to be prayer guides for about 60 participants from across Edinburgh, Lothians and Fife. The opening and closing sessions took place in Christchurch, Morningside and were led by Gerry Hughes together with the prayer guides; they were very full, enriching, enlivening and thought provoking. For some this was their first encounter with Ignatian spirituality and reflective prayer, others were renewing their acquaintance. The guides noticed how much movement was apparent in this concentrated form of rdl as compared with one held over 5/6 weeks. Some of the participants (and guides) felt it was too intense after a day's work.

**City Centre Churches Retreat in Daily Life (Easter – Pentecost).** This retreat is a regular feature on the Edinburgh calendar. This year thanks to a buzz following the earlier Lent retreat and thanks to the hard work of the organizer, Elizabeth White and aided by Peggy Coonagh, it reached record numbers – there were 46 participants and 16 guides. The retreat began at St. Paul's and St. George's and closed as usual in St. John's, Princes Street.

## **Short prayer courses (09)**

During September Juliet MacKellaig and Claire Starr led a five week course at The Sacred Heart Church in Penicuik. The priest, Fr John McInnes had approached the Epiphany Group with a request for a course to deepen the prayer life of the congregation. It began with a day taster course run by Juliet and Sister Kathleen Curran to which 15 people came. Twenty people (three from outside the parish) signed up for the course and it had an attendance of 15+ each week. There was positive feedback from the participants.

Members of the Epiphany Group in Edinburgh continue to offer Quiet days, Reflective prayer evenings and short courses in different ways of praying in their own churches and to groups who invite them.

## **Spiritual Exercises:**

Members of the Epiphany Group in Edinburgh regularly give the full Spiritual Exercises.