

Venue:

The course will take place at the Link Church, 39 Priory Lane, Dunfermline, Fife KY12 7DU.

Time:

The course begins in October and ends at Easter.

Sessions will be held on **Thursday** evenings **7.00 – 9.30 pm**.

Course dates for 2018-2019:

Term 1: October 25th

November 1st, 8th, 15th, 22nd, 29th

December 6th, 13th

Term 2: January 10th, 17th, 24th, 31st

February 7th,

Term 3: February 21st, 28th

March 7th, 14th, 21st, 22nd

April 5th

Also Friday evening and Saturday: Friday 29th March from 7.00 - 9.30pm and Saturday 30th: 10.00am - 4.00pm

Course Fee: The course fee is £360 (*No-one should feel excluded because of cost – Bursaries are available*). Please enquire about financial help – for further details mark.liz.hill@btinternet.com

Applications and further information: Applications should be made as soon as possible and before the 1st of October 2018 using the enclosed form. For more information, please contact:

Dot McLaughlin email: kdmcl@sky.com

GROWTH IN PRAYER AND REFLECTIVE LIVING



Fife - October 2018 - April 2019

<http://www.epiphanygroup.org.uk> Facilitated by the

EPIPHANY GROUP
rooted in the Ignatian tradition

Growth in Prayer and Reflective Living 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 the opportunity to:

- ❖ **Experience different ways of praying** taken from Ignatian and other spiritual traditions. These include coming to stillness, silent waiting, praying with scripture, lectio divina, 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, space for prayer, guided 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 nonresidential retreat

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

Dot McLaughlin and Mark Hill. The team are trained Spiritual Directors and 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, may go on to a subsequent course, **Spiritual Conversation**. The focus of this course, whilst continuing to nurture individual spiritual growth, is training in listening helpfully to others and 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**. Others may choose to make the **Spiritual Exercises** as an extended retreat in daily life.