

Venue

The course will take place at:
Christ Church Morningside, 6a Morningside Road, Edinburgh, EH10 4DD.

Course Fees : £434

The cost of the course is £434. A registration fee of £50, deductible from the total cost, is payable when an applicant is accepted. The balance may be paid in instalments.

Bursaries

We are keen that no one is excluded from our courses for financial reasons, so bursaries may be available for this course. to enquire about this please contact:

training@epiphanygroup.org.uk

Do also contact us at the above address if you wish to make a donation towards helping someone else take part in the course.

Course Dates for 2023-2024

The course begins in October and ends shortly after Easter; it will be held on Thursday evenings 7.00 – 9.15 pm.

Term 1

Oct 26th/Nov 2nd/Nov 9th/Nov 16th/Nov 23rd/Nov 30th/Dec 7th/Dec 14th

Term 2

Jan 11th /Jan 18th/Jan 25th / Feb 1st / Feb 8th

Term 3

Feb 22nd/ Feb 29th/Mar 7th/Mar 14th/Mar 21st/Apr 11th/ Apr 25th

Retreat weekend:

Friday April 19th 7.00pm – 9.15pm & Saturday April 20th 10.00am – 4.00pm

Applications and further information

Applications should be made as soon as possible using the GPRL application form.

www.epiphanygroup.org.uk

For more information please contact Sharon Laidlaw:

Email: gprl@epiphanygroup.org.uk

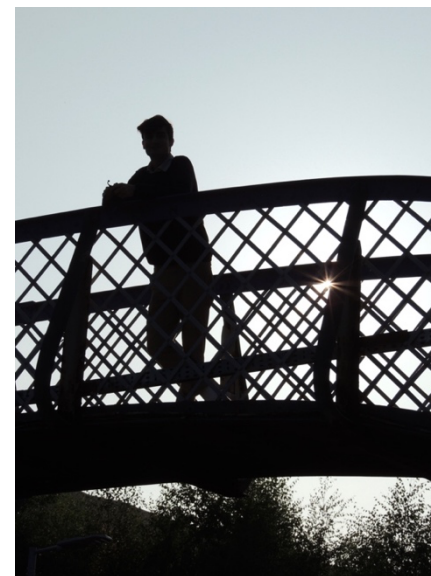
If you haven't heard back from us in 7 days, do get in touch again and check your SPAM folder.

Closing date for applications: 30th September 2023.

Growth in Prayer & Reflective Living

In Person

OCTOBER 2023 – APRIL 2024



Facilitated by

EPIPHANY  GROUP
rooted in the Ignatian tradition

Growth in Prayer and Reflective Living

This in-person course aims to help participants develop and deepen their experience of prayer and live more reflectively. It offers the opportunity to ask the deeper questions of life and to discover a closer connection with God. It provides space to examine the nature of our experience, 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 opportunities to:

- Experience different ways of praying taken from Ignatian and other spiritual traditions. These include learning to come to stillness, silent waiting, praying with scripture, imaginative contemplation and reviewing the day.
- 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 time in small groups. 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 Retreat in Daily Life may be offered.

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

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

After GPRL

Growth in Prayer and Reflective Living is complete in itself. Some participants, however, go on to a subsequent year, Spiritual Conversation, which offers the opportunity to explore the ways in which the prayerful, reflective experience of GPRL can inform our interactions with others. 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, in a variety of settings and may provide a basis for initiating and leading reflective, faith sharing or study groups. Through a process of discernment, some go on to pursue a further year of training in Spiritual Direction. At any point in this some participants may also decide to make the Spiritual Exercises.