

Venue

The course will take place **online** although, depending on circumstances, there may be opportunities for some face to face contact.

Course Dates for 2021-2022

The course begins in October and ends shortly after Easter; it will be held on **Wednesday evenings 7.00 – 8.45 / 9.00pm.**

Term 1: Oct 27th / Nov 3rd / Nov 10th / Nov 17th / Nov 24th / Dec 1st / Dec 8th / Dec 15th

Term 2: Jan 12th / Jan 19th / Jan 26th / Feb 2nd / Feb 9th

Term 3: Mar 2nd / Mar 9th / Mar 16th / Mar 23rd / Mar 30th / Apr 6th / Apr 27th

Also one weekend: Friday April 22nd 7.00pm - 9.30pm and Saturday April 23rd 10.00am - 4.00pm possibly at the Christchurch Centre in Morningside Road in Edinburgh. If online, the times will be slightly different.

Course Fees £375

A registration fee of £50, deductible from the total cost, is payable when accepted onto the course. The balance is payable in two or three instalments by bank transfer. In the case of financial difficulty 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 **Anne Claveirole**
Email: gprl@epiphanygroup.org.uk

GROWTH in PRAYER and REFLECTIVE LIVING Online



October 2021 - May 2022

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, 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 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.

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. Through a process of discernment, some go on to pursue a further year of training in **Spiritual Direction**.