

Growth in Prayer & Reflective Living 2021-2022

Information Sheet

Purpose of the course

A one year online programme (comprising 24 evening & 5 Saturday sessions) for those who want a closer relationship with God, who struggle with prayer, who want to make choices that are in tune with God's dream for the world. No expertise in prayer or reflection is required. The course is open to all, of whatever denomination or none. So join us, whether you have a specific reason for doing the course or simply want space to explore and reflect on your life in relationship to God, self and others. There will be an online introductory information evening on 7th September at 6.30pm

The Course

The course aims to provide participants with prayer resources and reflection skills that will help them:

- Deepen their relationship with God
- Become more aware of the sense and direction of their lives
- Make choices that reflect their self-identity within an understanding of God's hopes for the world
- Develop a spirituality that shapes their response to life.

Towards this end, and within the framework of the Christian liturgical year, the course provides opportunities to:

- Reflect on our understanding of God and self
- Become aware of the many ways in which God communicates with us
- Become familiar with different methods of prayer as tools for engaging in conversation with God
- Explore some spiritualities as responses to God's communication
- Develop skills for reflective living
- Explore the relationship between prayer and engagement with the world.
- Develop a personal spirituality that integrates prayer and life, and helps shape your response to the latter.

Method

The method is reflective and experience-based. Sessions include team input, guided experiences of prayer, time for quiet personal prayer, and opportunities for listening and sharing. The first, fourth and fifth of the five Saturday sessions will be full days, allowing more time for personal prayer. The last day will be a day of retreat. The other two Saturdays will be morning sessions, but may extend into the afternoon if required.

Participants are also offered, as a free gift, six sessions of individual spiritual accompaniment. These will run from December till May.

What Follows the Course?

The course is complete in itself. However, it is also a foundation for future possibilities, such as:

- Individual spiritual accompaniment;
- Retreats of various kinds, including the full Spiritual Exercises of St Ignatius
- Training to facilitate days/afternoons/evenings with groups;
- Training in spiritual conversation;
- Training as a spiritual guide for one-to-one and retreat work, with the possibility of eventual work in this area.

Times and Attendance: The course will run on Tuesday evenings from 18.45- 21.00 and 5 Saturdays, 10.30- 12:45, and where required an additional afternoon session from 14:15-16:30

<u>Dates</u>	<u>Sept'21</u>	<u>Oct '21</u>	<u>Nov '21</u>	<u>Dec'21</u>	<u>Jan'22</u>	<u>Feb' 22</u>	<u>March 22</u>	<u>April 22</u>	<u>May 22</u>
	14, 21 28,	2, 5, 19, 26	2, 9, 16, 23, 30	7, 11	8, 11, 18 25	1, 15, 22	1, 8, 15, 26	26	3, 7, 10

Financial Information

The suggested donation for this course is £495. It can be paid in stages. **Application Deadline** 16 August 2021

Bursary funding or a grant may be available. If this is required, then *early* application by 17 July 2021 is recommended.

For further information please contact us on 0141 354 0077, 07434 657176 or admin@iscglasgow.co.uk



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