



Ignatian Spirituality Centre
Glasgow
lentretreat.uk

Suggestions for Meeting One: before Ash Wednesday

We suggest a meeting before Lent for your group—any suitable time before Ash Wednesday.

It would be good if before the meeting you can make sure all participants have access to the online form of the retreat or the book.

It would also be good to make sure they know if there are any financial costs involved; this might be for hire of the room, refreshments, or a donation to the ISC for our costs! Its important that the group leaders don't have to subsidise the participants.

If you could let people know how long you plan the meeting to be, then keep to time – people appreciate this.

We give suggestions for each week's group meeting, but it is up to you to organise how you feel best.

Feel free to move things around, omit or add things; you must feel comfortable with your meeting.

Outline of a Meeting

Welcome: We suggest beginning with tea or coffee and biscuits while people gather and are welcomed.

Introductions: names, and what brought people to the group – what do they hope for?

Explain How the Retreat works

Tell the group what will be expected of them.

Each person should try to find some time each day of Lent for prayer. There is no fixed time for this, but 15 minutes might be considered minimum and one hour maximum. It would probably be good to have a fixed place for prayer; somewhere they won't be disturbed.

Some people like to light a candle or have some religious symbols in their place of prayer. Some like an incense stick. Some very quiet background music. Whatever helps.

Tell the group about the different ways of accessing the prayer – Online or book.

At the end of each day's prayer it would be good to take a brief note as to how the prayer went so that people will remember when they come to sharing in the group. When taking a note (or journaling) it would be good to look at the feeling and

emotional content of prayer and well as thoughts. What inspired you?

When it comes to group sharing of prayer, only share what you are comfortable with, no competition. It is normal in these groups for some people to share very practical things, others to be humorous, some to be deep and some pious and others very shy and needing encouragement to share.

Introduction to methods of Prayer If you are working from the book it would be good to introduce the methods of prayer which are found on pages 6-11. (*Review of day, awareness, mantra, lectio divina, imaginative contemplation, praying with pictures*).

If a significant number of people in your group are new to these methods of prayer it might be good to offer a short prayer workshop on *Lectio Divina* to start them off.

Looking Forward– make sure everyone is certain how to access the material for the coming week.

Make sure the time and venue etc. of the next meeting is clear. It may be that people are encouraged to take turns in providing refreshments.

Thank everyone for coming.