



Ignatian Spirituality Centre

Glasgow

**lentreteat.uk**

## **Meeting Two: First Week of Lent**

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. Begin with tea and biscuits while people gather and are welcomed.

### **Suggested Outline of Meeting**

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

**Introductions**– if there are people this week who didn't come to the last meeting then introductions would be necessary?

**How the Retreat works** (If you didn't do this last week) Finding time for prayer -and suitable length of time.

Place for prayer. 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.

**Different ways of accessing prayer** – App, Online, book

**Journaling the prayer.** Looking at feelings and emotional content of prayer and well as thoughts. What inspired you?

**Teaching:** For the teaching this week you might take time to explain the principles of a sharing group.

You might like to introduce the first parts of each prayer period; which is mentioned in the retreat as **preparation** and **gifts**.

### **Group sharing of prayer.**

The ground rules for this form of sharing are important.

Allow people to share without interruption.

Only share what you are comfortable with.

Don't comment on other's sharing. Talk about yourself and your prayer.

Allow time for everyone to say something. (A timekeeper is good to divide the number of participants with the minutes available. So that a discrete, "just a minute more" can be said to those who are waxing too lyrical.

If someone doesn't want to share then, a simple 'pass' or 'I've nothing to share today' is good so that the leader isn't waiting in silence for someone to share who doesn't want to.

Listen to each other. Leave a short gap after each sharing so that it doesn't look like you have been desperately waiting to get your word in.

You are not listening to solve each other's problems. Don't try and give advice to others.

***Respect confidentiality.*** *Don't repeat what you have heard in the sessions.*

You might begin the sharing session with an awareness/quietening exercises.

If people have already spent some time in prayer this week, then ask them to look back over their prayer times this week and share what they are comfortable with.

How did they find praying the Scripture or the other meditation?

Did time seem to drag, or did it go quickly.

Did anything surprise them?

Did any of the Scripture passages or other meditations have any special meaning for them?

**There may be a second or even third round.**

**The idea of a second round is to allow people to share things which might have come up for them when they were listening to others.**

This is often difficult to grasp, the most natural thing is to want to comment on what others have said. But really we are trying to allow others to inspire us.

If people really move into advice giving mode, or if they start disagreeing with other people, then they should be gently stopped.

**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.

**Thank everyone for coming.**