



Growth in Prayer & Reflective Living

2023-2024 Information Sheet

IGNATIAN SPIRITUALITY

Purpose of the course

A one-year programme (20 x 2-hour sessions) via Zoom 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. All are welcome.

So come along, 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.

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 your 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.

What Follows the Course? The course is complete in itself. However, it is also a foundation for future possibilities.

Rooted in Love is a follow-on to Growth in Prayer and Reflective Living for those who may wish to explore this experience further. Participants may also wish to participate in spiritual direction or retreats in the future.

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.

Times and Attendance: The course will run on Monday evenings from 7.15pm to 9.15pm. The dates are:

<i>Sept 23</i>	<i>Oct 23</i>	<i>Nov 23</i>	<i>Dec 23</i>	<i>Jan 24</i>	<i>Feb 24</i>	<i>Mar 24</i>
18, 25	2, 9, 16, 23	6, 13, 20, 27	4	8, 15, 22, 29	5, 19, 26	4, 11

Financial Information: The offering for the course, which is subsidised by the Friends of Drumalis, is £240. The Society of Retreat Conductors may offer part-funding- applications must be submitted at least one month before the beginning of the course.

To confirm your acceptance of a place on the course, please forward a deposit of £50 by September 12. Balances should be cleared by February 26, 2024.