

Growth in Prayer & Reflective Living 2024-2025

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 10th 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.
- Explore how to support your faith journey
- 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 five Saturday sessions will be full days, allowing more time for personal prayer. The fifth of these, the last Saturday of the course, will be a day of retreat.

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 - 21.15 and 5 **Saturdays** 10.30 - 16:00.

<u>Dates</u>	<u>Sept 24</u>	<u>Oct 24</u>	<u>Nov 24</u>	<u>Dec 24</u>	<u>Jan 25</u>	<u>Feb 25</u>	<u>March 25</u>	<u>April 25</u>	<u>May 25</u>
	10, 17, 24	1, 5, 8, 22, 29	5, 12, 19, 26	3, 10, 14	11, 14, 21, 28	4, 11, 25	4, 11, 18, 29	29	6, 10, 13

Financial Information

The suggested donation for this course is £575. It can be paid in stages. **Application Deadline 5 August 2024**

Bursary funding or a grant may be available—see website for further information on eligibility. If this is required, then *early application by 25 July 2024 is recommended.*

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



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