



# Growth in Prayer & Reflective Living

## 2021-2022 Information Sheet

### IGNATIAN SPIRITUALITY

#### Purpose of the course

A one-year programme (21 x 2½ hour 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. 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, such as:

- Individual spiritual accompaniment
- Retreats of various kinds, including the full Spiritual Exercises of St Ignatius

**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 7pm to 9.30 pm. The dates are:

<i>Sept 21</i>	<i>Oct 21</i>	<i>Nov 21</i>	<i>Dec 21</i>	<i>Jan 22</i>	<i>Feb 22</i>	<i>Mar 22</i>	<i>Apr 22</i>	<i>May 22</i>	<i>June 22</i>
20	4,18	8,22	6, 13	10,24	7,21	7,21	4,25	9,16,30	6,20,27

**Financial Information:** The offering for the course, which is subsidised by the Friends of Drumalis, is £225.

To confirm your acceptance of a place on the course, please forward a deposit of £50 by September 10. Balances should be cleared by 16 May 2022.

**It may be possible to access some help with fees by applying to the Society of Retreat Conductors**

**<https://thesrc.org.uk/> Closing date for applications is August 19. Late applications are not accepted.**