

Venue:

The course will take place in the **Christ Church Centre, 6a Morningside Road, Edinburgh, EH10 4DD**

Course dates for 2024-2025:

The course begins in October and ends shortly after Easter, and will be held on **Thursday evenings between 7.00-9.15pm.**

Term 1: October 31st / November 7th / Nov 14th / Nov 21st
Nov 28th / December 5th / Dec 12th / 19th Dec

Term 2: January 9th / Jan 16th / Jan 23rd / Jan 30th
February 6th / Feb 20th

Term 3: March 6th / March 13th / March 20th / March 27th
April 3rd / May 1st

Also one weekend: Friday April 25th: 7.00pm - 9.30pm
and Saturday April 26th: 10.00am - 4.00pm.

Course Fee: £455

A registration fee of £75, deductible from the total cost, is payable when accepted onto the course. The balance is payable in two instalments. We are keen no one is excluded from our courses for financial reasons so if this is a consideration for you, please enquire about financial help.

Applications and further information:

Applications should be made as soon as possible using the online form. For more information please contact

Sheena Headden

Email: gpri@epiphanygroup.org.uk

GROWTH IN PRAYER AND REFLECTIVE LIVING



October 2024 - May 2025

Facilitated by...

EPIPHANY GROUP

rooted in the Ignatian tradition

www.epiphanygroup.org.uk

Growth in Prayer and Reflective Living

This course aims to help participants develop and deepen their experience of prayer and live more reflectively. It offers opportunities to explore faith, discover meaning and come to a deeper, closer relationship with God. In doing so, it provides space to examine hopes and desires and to move towards the fullness of life we long for in ourselves, in those around us and in the global community to which we all belong.

Course Content

Participants are offered opportunities to:

- **Experience different ways of praying** taken from Ignatian and other spiritual traditions. These include coming to stillness, silent waiting, praying with scripture, imaginative contemplation and prayer of review.
- **Explore aids to prayer and reflection** including journaling, artwork, body awareness, music and use of images.
- **Develop and deepen awareness** of different perceptions of God and self.
- **Discover a way of making prayerful choices** in tune with God's hopes and desires for the world through an introduction to Ignatian discernment.

Method

The method is primarily experience-based and reflective. Sessions include input, space for prayer, guided prayer and reflection and small group sharing. In addition to the weekly group meetings participants are offered the opportunity of one to one spiritual

accompaniment. Towards the end of the course there is a short non-residential retreat. After the course, it is hoped that an optional Retreat in Daily Life will be offered.

Who is the Course for?

The course is open to those of any denomination and none. No particular experience of prayer is required, only a desire for God. Participants should be prepared to share some of their experience of prayer with others. Because of the participatory nature of the course, it is important that there is a commitment to attend regularly.

Course Team

Sheena Headden, Di Hollow, Duncan Hughes and Clare Mitchell, who are all members of the **Epiphany Group** – an ecumenical group of women and men working across Scotland committed to ministries arising from the Ignatian Spiritual Exercises.

Afterwards?

Growth in Prayer and Reflective Living is complete in itself. Some participants, however, go on to a subsequent year, **Spiritual Conversation**. The focus of this course, whilst continuing to nurture individual spiritual growth, is on training in listening helpfully to others and in the art of spiritual conversation. The course enables participants to engage with others in informal conversation at a spiritual level and may provide a basis for initiating and leading reflective, faith sharing or study groups. Some go on to a further year of training in **Spiritual Direction**.