

Week of Guided Prayer

Sunday 1st to Friday 6th December



Perfect for busy people

Deepen your relationship with God

Explore new ways of praying

Find help with making decisions

Opening meeting

Online: Sunday 1st December - 3:30pm to 4:45pm

It is important to be at this to meet your guide for the week.

If you cannot be at this meeting please email Vron Smith: vransmith@jesuit.org.uk or telephone 07548224359

Closing meeting:

Online: Friday 6th December – 8:00pm to 9:00pm

Guided group prayer sessions through the week (Optional)

Online up to 1 hour

Monday 6:00pm, Imaginative contemplation

Tuesday 6:00pm, Examen

Wednesday 6:00pm, Praying with images

REGISTER HERE!



What is a week of guided prayer?

It is a daily time of prayer (aiming at 30 minutes) and daily half-hour individual meeting with an experienced prayer guide during the week.

Who is it for?

Any baptised person who wants to deepen their prayer life, or someone who is not sure what they believe but is willing to take a risk and seriously explore the reality of God. Either way, it is for any generous soul willing to commit to the elements of the week.

What is the programme?

The core elements of the week are prayer for half-an-hour each day, reviewing how that prayer time went, and meetings with your prayer guide four or five times. There are other components of the week. Introductory and closing meetings top and tail the week with helpful suggestions.

There will be optional workshops on different guided prayer. These are open to anyone, including those not doing the 1-2-1.

Why do the week of guided prayer?

When we are generous, God is more so. We encounter a God who loves and calls us. It can also be a great help in making or confirming decisions, big or small. God really likes this time.

How will this fit in with the rest of life?

You'll be busier this week because of your commitment to prayer and meeting with your prayer guide, hence the need to be generous.

How do I sign up?

Places are limited. As soon as you know you want to participate, complete the online form:

<https://forms.gle/vstqY9QSo7bEBcbt9>

or contact us. We can still sometimes take people right up to the start of the week. However it helps the organisers to know how many are taking part so please sign up by Monday 25th November.

How much does it cost?

The retreat is subsidised by the Jesuits and Hallam Diocese Formation and Mission Team.

Offerings can be made to:

Account name: Diocese of Hallam
Formation and Mission

Sort Code: 40-41-07

Account number: 91147633

But I don't know how to pray?

This is not a problem. In fact, such honesty is a good start. The prayer guides will talk this through with you.

Will I be asked to do anything difficult and embarrassing?

No. You can choose how much to participate.

Who organises the week?

A team of trained prayer guides led by Vron Smith who works for the Jesuits. She leads retreats and training courses around the UK and overseas.

vransmith@jesuit.org.uk



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