

JOURNEY INTO PRAYER

COMMENTS FROM PREVIOUS PARTICIPANTS

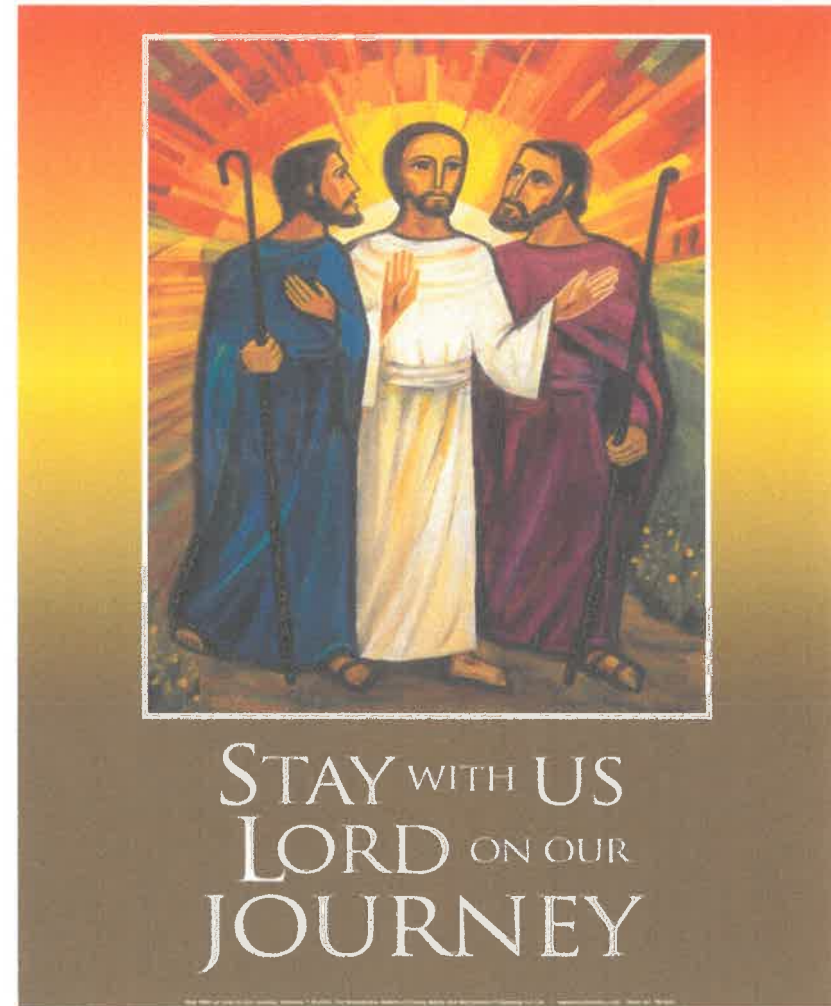
'Coming out on a day when I can forget my worries, and focus on God, has been helpful' *Frank*

'Finding new ways to pray using art, silence and imagination was helpful' *Anon*

'Meeting and sharing with people from different backgrounds, traditions and stages in their spiritual journey was enriching' *Julie*

'how we worked as a group and the balance of being alone, in 2's, in small and large groups.... different ways of being in God's presence' *Jane*

'coming away to spend a day in prayer, and learning a variety of new things to try and how they spoke in their own ways' *Glenys*



An opportunity to explore different ways of praying

January - July 2024

at The Cenacle Convent

There are many different ways of praying but maybe many of us stay with the few methods we learnt years ago. It is good from time to time to try other ways as they may help to lift us out of the dry place, we sometimes find ourselves in.

The course aims to give us a taste of a variety of ways of praying, not just by talking about them but giving us space to experience them. It might be like going into a sweet shop as a child seeing all the choices and tasting the old favourites and being brave enough to taste unfamiliar ones.

Beginning in January 2024 the course will run for 12 sessions taking us to July, with a break over Easter. We plan to meet about once a fortnight from 10 – 3pm on a Tuesday, at the Cenacle Convent, Tithebarn Grove, Lance Lane, L15 6TW. The leaders will be Revd Karen Beck, Revd David Frudd and Sr Winnie Morley and we hope the ecumenical dimension of the team will be reflected in the participants. The team are all Ignatian trained, practising Spiritual Directors and have experience of running training courses.

The course requirements are –

- Attendance at all the sessions, as far as possible.
- An openness to listen to others and a willingness to share what is comfortable within one-to-one sessions, within a small group and within the large group.
- To maintain confidentiality - what is shared at the session remains within the group.

- Taking time in between the sessions to reflect on what has been presented.
- Keeping a journal, for your private use.

The cost will be £160.00 per person, which can be paid session by session, per term or as a one off, whatever suits you best. Bring your own lunch; tea/coffee will be provided.

The dates of the course will be in 2024:

Jan 16th and 30th; Feb 20th; March 5th and 19th; April 16th and 30th; May 21st; June 4th and 18th; July 2nd and 16th.

The venue is The Cenacle, Tithebarn Grove, Lance Lane, L15 6TW. Tel: 0151 722 2271. There is plenty of parking space.

Closing date for applications is December 1st, 2023. Applications to be returned to The Cenacle, (Journey into Prayer), address as above. Or, as an email attachment, to – cenacleliverpool@gmail.com

APPLICATION FORM – JOURNEY INTO PRAYER

NAME.....

TITLE – REV.D; SISTER; MR; MRS; MISS;

OTHER.....

ADDRESS.....

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CONTACT DETAILS:-

PHONE/MOBILE.....

EMAIL.....

DEMONINATION.....

ABOUT YOU :-

Why do you wish to apply for this

course?

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What do you feel you will bring to this course?

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Do you have access to Zoom if the need arises for the course to be online?

Anything you wish to add:

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All information is treated as confidential in accordance with data Protection act and guidelines of the Cenacle Community. You can email your application to:

cenacleliverpool@gmail.com

or post it to: The Cenacle, (Journey into Prayer), Tith barn Grove, lance lane, Liverpool, L15 6TW.