



Exploring Prayer Course

Have you attended any courses like this before?

Do you have any particular requirements it would be helpful for us to know about? (e.g. mobility etc.)

I have included my non-refundable deposit of £25

Please complete, detach and return to:

St Bede's Pastoral Centre, 21 Blossom Street, York. YO24 1AQ. Tel: 01904 464 900 or email: admin@stbedes.org.uk



Autumn Course: Thursdays 7 – 9.15 pm
Sept. 13th, 20th & 27th, Oct. 4th, 11th, 18th & 25th

Spring Course: Thursdays 1 – 3.15 pm
May 2nd, 9th, 16th, 23rd, June 6th, 13th, 20th

St. Bede's Pastoral Centre

Registered Charity No. 298970

21 Blossom Street, York. YO24 1AQ.
01904 464900 admin@stbedes.org.uk www.stbedes.org.uk

ABOUT THE COURSE: St. Bede's Exploring Prayer course aims to help deepen our relationship with God by exploring prayer within the guiding framework of Ignatian Spirituality: a spirituality which sees and experiences God in all things. Alongside exploring ways to settle into and reflect on our prayer experiences, topics will include, amongst others: praying with Scripture; the use of art and creativity as a form of prayer; connecting with the body and the senses in prayer; and praying through difficult times.

The course comprises seven sessions which include input from the leaders, time for experiencing prayer in different ways, opportunity for individual reflection and some space for gentle sharing. It is useful to have a notebook and pen to record some of your reflections.

Exploring Prayer is suitable for any who want to deepen their relationship with God through prayer. It can provide a good introduction for those who may like to go on to do the two year Personal and Spiritual Development Course. It also offers a helpful foundation for those who may be interested in making a Retreat in Daily Life at a later date.

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Spring course dates: Thursdays 1 – 3.15 pm
May 2nd, 9th, 16th, 23rd, June 6th, 13th, 20th

Please note: participants will be expected to attend all 7 sessions.

COURSE TEAM: Marion Hoyland, Sr. Agnese Jencikova CJ, Jill Solich, Bernadette Murray & Anne Harrison

If you have any queries about the course please get in touch through St. Bede's office.

COST: £75 for the 7 sessions.

Please contact us to enquire about bursary support if you have any difficulties as we do not want anyone to be excluded because of cost.

BOOKING FORM

I would like to attend the **AUTUMN / SPRING** course.
(please circle as appropriate)

Name:

Contact details *(preferred means of contact):*

Denomination *(optional):*

How did you hear about the course?

Please tell us a little about your reasons for applying and what your hopes are for this course:

Please continue overleaf...