

WEEK/MONTH OF GUIDED PRAYER

A RETREAT IN EVERYDAY LIFE

INCARNATE WORD PARISH

WEEK OF GUIDED PRAYER

March 7 – 13, 2010

- Explore different ways of praying
- Speak privately with an experienced prayer guide
- Become more aware of God's presence in your life



What Is A Week (or Month) of Guided Prayer?

These are individually directed retreats made during the course of everyday life. Retreats are offered for one week or one month duration. During *A Week of Guided Prayer*, each participant is invited to pray privately for at least 30 minutes each day, and will meet with his/her prayer guide privately for 30 minutes each day, Monday through Friday. Confidential, one-on-one meetings with prayer guides take place in the afternoon or evening, at the convenience of each participant.

Yes, I like this Guided Prayer approach! Sign me up!

Name (s) _____
Parent's First Name (s) _____
Contact Phone _____
E-Mail _____

Please Return To Parish Office

During *A Month of Guided Prayer*, each participant is invited to pray privately for at least 20 minutes each day, and will meet with his/her prayer guide privately for one hour, once per week for four consecutive weeks. Confidential, one-on-one meetings with prayer guides take place in the morning, afternoon or evening, at the convenience of each participant.

Since each participant is unique (as well as each prayer guide), exactly what happens during the retreat is different for each person. During the one-on-one meetings, the prayer guide typically is much more of a listener and companion than a teacher or sharer of wisdom. The participant brings to these sessions his/her experiences of what happened during the prayer times as well as other life events and experiences relevant to his/her relationship with God. The prayer guide listens and responds with a welcoming, non-judgmental, compassionate presence - not only to the participant, but also to God's Spirit moving in their midst.

Why Make this Retreat?

This retreat is tailored to what you desire as an individual participant. It offers the opportunity to journey for awhile with an experienced prayer guide regarding your relationship with God and to become more aware of God's presence in your life. The retreat also offers the opportunity to explore new ways of praying and an introduction to [Ignatian Spirituality](#).

How Are the Retreats Run?

The retreat begins on a Sunday, where there is prayer as a group and each participant meets his/her prayer guide (lasts about 90 minutes).

During *A Week of Guided Prayer*, each participant meets privately with his/her prayer guide each day Monday through Friday, while in *A Month of Guided Prayer*, these meetings occur once per week for four consecutive weeks.

Closing of the retreat is celebrated as a group and lasts about 90 minutes, excluding the time for liturgy, as applicable. The closings most often are held on Saturday mornings.

There is no registration fee, but donations are accepted. \$50 is the suggested offering for each participant in the retreat, however any amount will be received in gratitude.

RSVP John Valenti 314-576-5366 ext. 26 or jvalenti@incarnate-word.org