

Living Prayer Course

A Course in Contemplative Prayer & Living

September 2021 - May 2022

This innovative nine-month Prayer course will help you to deepen your experience of prayer. It will enable you to practice contemplative living according to your own lifestyle. The course meets one weekend (Friday evening- Sunday lunchtime) a month from **September 2021 to May 2022**, and is presented by the Living Prayer Course Team of the Institute for Applied Carmelite Spirituality

Formation is offered in contemplative prayer, lifestyle and activity through:

- ◆ Deepening one's experience of Silent Prayer, Lectio Divina, Contemplative Liturgy, Psalmody, Prayer Journaling, the 'Gratitude Prayer' and Spiritual Reading.
- ◆ Nurturing the contemplative dimension of one's lifestyle by exercising discernment, simplicity, forgiveness, integrity and commitment.

The ongoing process of the Course provides an environment in which to integrate contemplative practices into one's life. This integration is accomplished in part by opening oneself to God as a community and consenting to God's presence and action individually and communally.

Each weekend includes a review of the previous months' practice(s), soul - friending, Silent Prayer, talks, sharing and rest. Each month's theme is supported by a Spiritual Counsel and Prayer Practice(s).

Prerequisites

A commitment to one's prayer life and a heartfelt desire to draw from the rich tradition of Carmelite spirituality in deepening one's prayer experience.

THEMES

First Month

Awakened by the Beloved

PRACTICES: Sharing our Stories – Spiritual Autobiography;
Spiritual Reading and Logging

Second Month

Letting Go and Letting God

PRACTICES: Lectio Divina and Silent Prayer

Third Month

Receiving True Life from the Tree of Life

PRACTICES: The Gratitude Prayer

Fourth Month

Resting in God and Resting from Self

PRACTICES: The Dynamics of Silent Prayer

Fifth Month

Simplicity and Contemplative Discernment

PRACTICES: Discernment of Attachments

Sixth Month

The Contemplative School of Mary

PRACTICES: Pondering the Word

Seventh Month

Forgiveness and Healing in Relationships

PRACTICES: Prayer of Forgiveness and healing

Eighth Month

Spiritual Commitment

PRACTICES: Creating a Soul-Care Plan

Ninth Month

Celebrating and Sending forth

COURSE DATES

2021	2022
3rd - 5th September	7th - 9th January (ONLINE)
1st - 3rd October	4th - 6th February
5th - 7th November	4th - 6th March
3rd - 5th December (ONLINE)	1st - 3rd April
	6th - 8th May

COST & TIERED PRICING

£1900 (or £1750 for those with minor financial need)

Tiered Pricing

We believe that the benefits of learning about and journeying deeper in spiritual life should be available to everyone regardless of their financial or life situation and that the transformational journey is enriched by a diversity of participants.

Recognising that what is affordable for some can be a financial stretch for others, we are happy to offer a tiered pricing structure (Sustainable Price and Supported Price) for our courses. When you book, please select the price that feels appropriate for you.

Our Sustainable Price is £1,900. This can be paid in instalments.

Our Supported Price is £1,750. This can also be paid in instalments and reflects a partial bursary toward the cost of the course and is intended for those with minor financial need.

