



## A Week of Guided Prayer Online



### The Diocese of Leeds in association with The Briery Retreat Centre & Jesuit Spirituality

#### **What is a Week of Guided Prayer Online?**

It is sometimes known as a 'Retreat in Daily Life' over 1 or 2 weeks. The first week is a time of preparation and will include online meetings from 7-30 – 8.30pm covering introductions and sessions on different ways of praying. During the second week you will be expected to commit to a daily time of prayer (aiming at 30 minutes) and a daily (30 minutes) individual meeting online with an experienced prayer guide.

#### **Who is it for?**

Anyone who is already Christian and who wants to deepen their prayer life and their relationship with God, or someone who is not sure what they believe but is willing to take a risk and seriously explore the reality of God.

#### **What happens?**

During the second week each retreatant 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 at a mutually agreed time, using the online video chat on the 'Zoom' platform (we suggest you download the app to your computer or phone: <https://zoom.us/> or google 'zoom app') – we will also have the phone as back up in case technology lets us down!

Since each retreatant 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 retreatant 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 retreatant, but also to God's Spirit moving in their midst. By reflecting back to the retreatant what is heard, by asking an open ended question, by sitting together in silent prayer, or in various other ways, the prayer guide can often help the retreatant to listen more deeply to what God wishes to communicate, as well as help the retreatant get more in touch with what s/he wishes to communicate to God. All of this occurs under the guidance of the Holy Spirit.

#### **Application Form**

To request a place on the Week of Guided Prayer please complete the application form below. This information will be given to the prayer guide

## Prayer Guides

The prayer guides for this Week of Guided Prayer are all trained in Ignatian Spirituality. The prayer guides are all volunteers and, as such, do not receive any remuneration. They are a mixture of priests, deacons, religious, lay men and women.

## Structure of the Week

- To begin the first week there will be an online meeting, using the Briery Zoom online platform, with all retreatants and prayer guides to introduce the week and share a time of prayer together
- This will be followed by small group meetings using Zoom when each prayer guide will meet with their retreatants and make the arrangements for their first meeting.
- The prayer guide will have each retreatant's email address and their application form and will email a link to their personal Zoom chat room so that the first meeting can take place to discuss the week ahead, agree times to meet, working together, the usual safeguarding good practice guidelines, the technology etc.
- During the week there will be optional evening online Briery Zoom group sessions to experience and share different ways of praying
- There will be a closing Briery Zoom meeting for all retreatants and prayer guides at the end of the week
- The opening session on Monday, 8<sup>th</sup> March, and the closing session on Friday, 19<sup>th</sup> March are both integral parts of the retreat.

During the one to one meeting you can talk about your day, your prayer, your thoughts and concerns. The prayer guide will listen and offer resources for prayer as you journey through the week of the retreat. They may also offer help with ways of praying and reflecting on the resources

You may have established ways of praying or you may like to take the opportunity to try some new ways during this week. The Jesuit website 'Pathways to God' has a wealth of ideas to help you. To begin your retreat, we recommend that you take a look at this page and download the file 'Entering into Retreat'

<https://www.pathwaystogod.org/resources/entering-retreat>

## Contribution for the retreat

We suggest an offering of £50

If you are not able to contribute, please do not see this as a barrier to your taking part. We want the Week of Guided Prayer to be available to anyone who would benefit, so do join us!

## Zoom Application

If you do have any problem with the Zoom Application please contact The Briery for assistance: 01943 607287 or [briery@btconnect.com](mailto:briery@btconnect.com)

