

What will I gain from it?

Everyone's experience is unique but here are some comments from others...

"I find it hard to get away for a weekend or week but this I could do. One hour a day committed to my prayer life, helped me do what I want to do every other week, but fail to achieve. The results of setting this time aside with God were awesome. It was an experience of God rather than a duty to pray. God touched my inner most being & I'm still processing it."

"The guided prayer week was a wonderful time to draw away from daily life and be with God while still doing life as usual. Watching the process with another enhanced the experience and understanding that I have of God."

"After last week I can see that the things I was longing for have really started to happen – it feels amazing to know that I can now say that I know Jesus for myself and that he loves me for who I am. This week has felt like a massive step forward in letting myself be vulnerable in front of someone else and in starting to know my true worth. I really feel like it's a new beginning for me and I'm going to keep on changing my old beliefs about myself into the truth of what God thinks about me."

"There is no chance thing through which God cannot speak.... God speaks and the words are incarnate in the flesh and blood of our selves and of our own footsore and sacred journeys."

Fredrick Buechner

This Week of Guided Prayer is offered by Spiritual Growth Ministries, Wellington.

SGM is a network of people from many Christian traditions who explore and nurture contemplative ways of living and praying.

To know more, including other events planned for 2012, visit the website, www.sgm.org.nz

Prayer Guides for this week include...

Jo Anastasiadis
Adrienne Thompson
Terry Alve

Your Invitation to a

Week of Guided Prayer



20-25 May 2012

**Starts at 4pm Sunday May 20
@ St Hilda's Anglican church
311 The Parade
Island Bay, Wellington**

Concludes at 7pm on Friday May 25

"Will you be my friend?" – Jesus

*Hosted by St Hilda's Anglican Church, Wellington
Led by Spiritual Growth Ministries*

How does it work?

The week involves four commitments:

- An introductory gathering as a community on Sunday afternoon
- Spending half an hour each day in private prayer
- Spending 30-40mins each day (Mon-Fri) with your prayer guide reflecting on what happens in your prayer.
- A concluding gathering on Friday evening, drawing together the week as individuals and as a community

This means an investment of about an hour of your time each day. People have busy lives, so we ask you to think about how you would prioritise this time over the week.

What does a prayer guide do?

A prayer guide is trained in the art of listening with another to the Spirit's direction. Your prayer guide will listen to you and listen with you as you reflect on what happened (or didn't happen) in your prayer each day. They may suggest Scripture passages for meditation, or tell you about a way of prayer you might like to explore.

A prayer guide is not a counsellor, but like counsellors they hold whatever they hear in confidence.

All the prayer guides are members of the Association of Christian Spiritual Directors of NZ. www.acsd.org.nz

Why a Week of Guided Prayer?

We are growing and changing.

Sometimes we outgrow the patterns of prayer that have suited us well in the past. We feel uncomfortable without quite knowing why or what to do about it. A week such as this can give us the space and time to begin to explore new ways of prayer that fit our current stage of life and faith.

We are busy.

Work, family, friends, even church occupy so much of our time and attention. We may have an uneasy sense that we have sidelined our relationship with God. Taking a week to focus attentively on that relationship can help us discover God waiting with open arms to welcome us home.

Life happens.

Good things, sad things, perplexing things. Sometimes we just have to stuff them in a cupboard for later. In a week of guided prayer, with the support of your prayer guide, you may choose to open the cupboard door and look at some of the 'stuff' with God.

God invites you.

'Come away with me to a quiet place and rest for a while,' said Jesus to his disciples. (Mark 6:31).

And on another occasion he asks, *'What do you want me to do for you?'* (Mark 10:51).

Registration

Name:

Address.

Telephone.....

Email.....

Please nominate your preferred time for a 30-40min. meeting with your prayer guide Monday through to Friday (circle or hi-lite):

- Between 9am and 12:30pm
- Between 1pm and 4:30pm
- Between 5pm and 8:30pm

If you're able to meet in more than one time slot, please indicate your first and second preferences.

Please return this form by Monday May 14th to Christine Cuthbert, St Hilda's Office
311 The Parade, Island Bay, Wellington 6023.
Phone: 383 8550
Email: officesthildas@paradise.net.nz

Your prayer guide will contact you personally to discuss the time of your daily meeting.

Suggested donation for this week is \$60 although we don't want cost to prevent anyone from attending.

Please make cheques payable to 'Spiritual Growth Ministries'

*Note that numbers are limited.
Please register early.*