

# Weeks of Guided & Contemplative Prayer

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## *Guidelines for Participating Churches and Organisations.*

### **Introduction**

Spiritual Growth Ministries is a network of people from many Christian traditions who explore and nurture contemplative ways of living and praying. Offering Weeks of Guided and Contemplative Prayer is one way they do this.

It is always a privilege for Spiritual Growth Ministries to work in partnership with churches and organisations that are interested in hosting one of these Weeks.

During 2012 Spiritual Growth Ministries (SGM) Wellington are planning to facilitate 10 such Weeks in the wider Wellington region.

### **Planning**

Every September the SGM Wellington Workgroup prepares part of a national programme of “SGM Events” for the following year. Ideally we like to have confirmed dates from interested hosting churches before this SGM publication deadline. This national publication is a valuable promotional resource and is available via the website [www.sgm.org.nz](http://www.sgm.org.nz) or from Terry Alve – contact info below.

### **Promotion**

Hosting Churches and/or organisations are invited to promote their “Week.” To assist with this SGM Wellington provide a brochure about the Week which includes a registration form. Other possible avenues include newsletters, magazines, word of mouth, etc.

SGM through its annual event booklet, database mailings and website support this.

Individual Prayer Guides are also asked to promote events through their own networks.

There is the opportunity for participants to join the SGM Wellington database as a means of being kept informed of future events.

### **A hosting church is invited to be responsible for...**

- Active promotion of the Week within their own community and to other local churches.
- Provision of a Registrar to receive enrolments for their “Week” by the advertised date.
- Photocopying of basic resources for the participants and team members.
- Suitable facilities during the week for both group and individual meetings.

- Provision of simple refreshments at the opening session usually on the Sunday afternoon.

## SGM Responsibilities

- Provision of trained and registered ACSD Members or Associate Members, in a ratio of no less than one to five participants.
- Provision of adequate background information for the hosting church or organisation.
- Commencing the Week with an opening group session (usually Sunday afternoon) where participants meet their Prayer Guide, receive clear information about the Week and experience praying contemplatively.
- Offer daily (Monday-Friday) individual spiritual direction sessions to participants at mutually agreed times (30-40 minutes).  
*N.B. Participants are encouraged to keep the Week as free as possible so that they can attend the two group sessions and each of the five daily sessions with their prayer guide. They also commit themselves to pray for 30 minutes daily however they wish.*
- Conclude the Week on Friday evening with group contemplative worship (max. one hour) during which participants will have a brief opportunity to share from their experience of the Week.

## Funding & Remuneration

The practical support of the host Church greatly assists SGM Wellington to run these Weeks for a minimal donation. **We stress that lack of money does not preclude participation.** Sometimes a church may choose to subsidise attendance.

From the suggested donation of \$60 per participant, \$5 per participant is given to SGM Wellington to further support their work. Leadership Team expenses are also deducted from this offering.

Prayer Guides receive the balance of this donation plus an amount based on the number of participants they accompany during the week. This is made possible through the generosity of a Wallis House Trust Grant.

Receipts are issued to participants on request.

## Contact Information

**Please contact (The Reverend) Terry Alve if you would like to further discuss involvement in one of these Weeks.** Terry is Convenor of SGM Wellington Weeks of Guided and Contemplative Prayer and is the SGM Wellington Database Administrator.

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Check SGM sponsored events here: <http://www.sgm.org.nz/Programme2011.pdf>