

# Prayer

*“Prayer is not asking. Prayer is putting oneself in the hands of God, at His disposition, and listening to His voice in the depth of our hearts.”*

*Saint Teresa of Calcutta*

*“Prayer is simply talking to God like a friend and should be the easiest thing we do each day.”*

*Joyce Meyer*

*“It doesn't matter how you pray...with your head bowed in silence, or crying out in grief, or dancing. Churches are good for prayer, but so are garages and cars and mountains and showers and dance floors.”*

*Anne Lamont*



# Who leads the week of guided prayer?

Our week of guided prayer will be led by Sr. Treasa Ridge who is a Presentation Sister and is the co-ordinator of The Nottingham Spirituality Network team.

Sr. Treasa is an experienced spiritual director who lives in community in Nottingham.

Her contact details are: 07896 258390 or email: [ridgetreasa@gmail.com](mailto:ridgetreasa@gmail.com)

Carmel and Michael O' Malley will be joining Sr. Treasa as Prayer Guides. They are members of St. Peter and St. Philip's parish in Hazel Grove.

They are both retired teachers who have been trained in spiritual direction and are regular members of the Spirituality Team.

The Nottingham Spirituality Network team provides spiritual and faith formation around the Diocese through a range of courses and opportunities for developing a life of prayer.

## Guided Prayer Week Schedule

When?	Time?	Where?	What?
Sun 16 June	4:30pm	Community Centre	Group session
Mon 17 June – Fri 21 June	Individual times	Presbytery	Individual meeting with your prayer guide
Sat 22 June	10:30am	Community Centre	Group session

# St Anne's Buxton

## Week of Guided Prayer



**Sunday 16<sup>th</sup> June ~  
Saturday 22<sup>nd</sup> June 2024**

## Why do a week of Guided Prayer?

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It's a perfect way for busy people and not so busy people to .....

- \* take some time out
- \* deepen their relationship with God
- \* explore new ways of praying
- \* find help with any kind of decision

When we are generous, God is even more so. WE encounter a God who loves and calls us. It can also be a time of renewal and of deepening our relationship with the person of Jesus. It may also be of great help in making or confirming decisions, big or small!

## Who is it for?

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It is for any Christian who wants to deepen their prayer life, or someone who isn't sure what they believe, but is willing to take a risk and explore their thoughts and feelings.

Either way, it is for anyone seeking more.

## What is it?

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It is simply taking time for daily prayer (about 30 minutes) and a daily half-hour individual meeting with an experienced prayer guide.

## How does it work?

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It begins with a group session on Sunday 16<sup>th</sup> June at 4:30pm, in the Community Centre.

This group session provides an opportunity for introductions and everything about the week will be fully explained to you.

You will also be allocated a Prayer Guide.

During the week, you will have an individual meeting with your Prayer Guide each day, in the Presbytery, at your agreed time.

The retreat concludes with a group session on Saturday 22<sup>nd</sup> June at 10:30am, in the Community Centre, where you will reflect upon and celebrate the retreat.

## What happens during the individual meetings?

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During your daily meeting with your Prayer Guide, you will be given a scripture passage to take away to read, ponder on and pray about. You will be invited to share your thoughts and feelings about it and you can share as much or as little as you like. Your conversations with your prayer guide will be just between you, and no-one else.

## Can't make the whole week?

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If you can't make all the days, but you can make the majority of them, you are still very welcome to participate.

## St Anne's Buxton Week of Guided Prayer

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Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Mobile: \_\_\_\_\_

email: \_\_\_\_\_

What is your preferred time to meet with your prayer guide?

Morning

Afternoon

Evening

Cost:

£25.00 donation (or whatever you can afford) to cover team expenses

Please detach and return to the  
Presbytery  
by 9th June