

Ways of Praying

MONDAY 7-9 PM

November 6th at Portobello and Joppa Church.
(1 Brunstane Rd N, Edinburgh EH15 2DL)

November 13th at St Mark's Episcopal Church.
(287 Portobello High St, Edinburgh EH15 2AR)

November 20st Portobello and Joppa Church.

November 27th at Portobello and Joppa Church.

*You may find it helpful to bring a journal, if you have one,
or a notebook, to any of the evenings you attend.*

Ways of Praying

November 2017

Portobello and Area Christians Together

PACT



*The prayer guides will be
Bernadette Campbell & Alison Moody*

Ways of Praying

This course is open to all who are interested in deepening and broadening their personal and/or group prayer life.

Each week we will introduce some of the ways of praying with scripture that have been passed down through the centuries through differing Christian traditions. There will be opportunities to practice these ways of praying - and each evening will include some time given over to silent, contemplative prayer.

There will also be opportunities to share our experience of prayer, if comfortable, in small groups and privately in journals – a subject we will also explore.



This is an introductory course offered across four evenings that is designed and planned to be experienced in its entirety – although each evening can also stand alone.

Participants are free to attend all or some of the evenings. The evenings will include experience of:

Stilling the body and coming to a place of silence.

Praying with Scripture: 'Lectio Divina' ('Sacred Reading') and Imaginative Contemplation.

Silent prayer – staying with the silence and listening for God's reply.

Introduction to Discernment – discerning the spirits: A chance to explore how I might experience the Spirit within me and guiding me.