

***The English-Speaking Community of the Parish of Notre Dame
the Anglican Church of Luxembourg
and the All Nations Church, Luxembourg***

Lenten Week of Guided Prayer, 15th to 21st March

This is an opportunity to:

- learn more about different aspects and practices of prayer;
- share your own concerns, uncertainties and experiences of prayer in confidence with a trained 'prayer guide'.

Sunday evening 15 March at 18.00 - Opening Session

A discussion about prayer and what it means to have a personal relationship with God through prayer.

Monday to Friday – (for those who wish to dig deeper)

Daily half-hour of personal prayer and an individual meeting with a 'prayer guide'. This is an occasion to discuss your prayer life in confidence and the difficulties and joys you may be experiencing.

Monday evening 16 March at 19.00

Introduction to silent Centering prayer and to Lectio Divina

Tuesday evening 17 March at 19.00

Knowing myself, the Enneagram and Prayer

Wednesday evening 18 March at 19.00

Praying with images

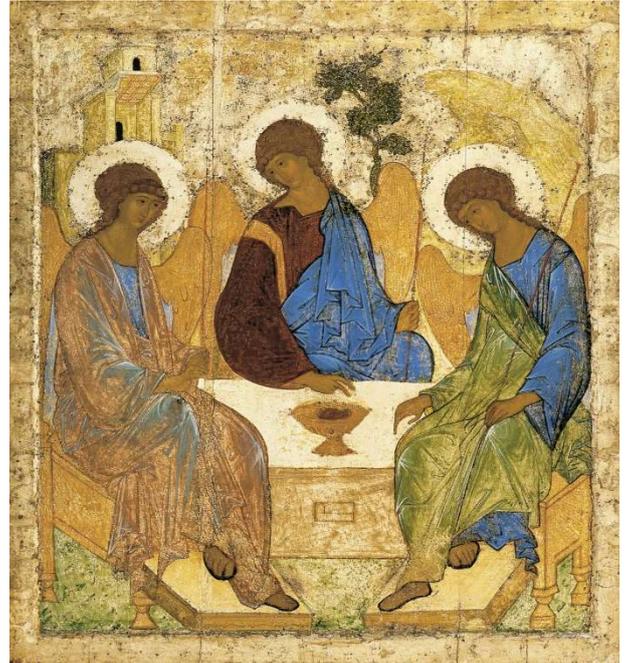
Thursday evening 19 March at 19.00

Ignatian spirituality and the Spiritual Exercises

Friday evening 20 March at 19.00

Stations of the Cross – as every Friday evening during Lent.

Saturday evening 21 March at 20.00 - Closing Session



All sessions and meetings will take place at the St Alphonse Monastery in rue des Capucins.

You do not have to register, but, for organizational reasons, it would be helpful to know in advance if you intend to come. Please contact Steve McCarthy (sjmc@pt.lu).

What is Individual Guided Prayer?

We encourage you to pray for 20-30 minutes each day, and then meet each day with your guide to share whatever may be happening in that prayer. Do not worry if you have very little to report; sometimes prayer seems to 'go well' and sometimes not.

Sessions with the guide would typically be for 30 minutes. These meetings are not counselling or therapy but an opportunity to explore where God is acting in your life and to help you notice this more deeply. The guide is a person like you who knows what it is to have ups and downs in life and prayer. He/she will listen attentively and lovingly to you and God's Spirit in you and offer suggestions for your ongoing prayer journey.

About the image - the Rublev Trinity Icon

This icon represents the visit to Abraham of three angels, usually considered to represent the Holy Trinity (Gen 18). The unoccupied fourth place at table seems to invite the observer into the scene, as indeed we are all invited to share in the Divine Life of the Holy Trinity.