

TOPICS

PRAYER GUIDES COURSE (LEVEL I)

THE FOUNDATIONS OF PRAYER

SAMPLE PROGRAMME

March 20th 2021

Invitation to Prayer in the Carmelite Tradition (live-presentation)

PRACTICE: Central themes of Carmelite prayer

Spiritual conversation: responding to some Carmelite statements on prayer – what speaks? Challenges? How would I express it? Collective concerns and opportunities for Carmelite prayer in pastoral settings.

Workshop: planning a guided meditation.

Task for next session: opening up Carmelite images of God for others.

April 3rd 2021

Personality, Experiences and Prayer (video lecture)

PRACTICE: A Carmelite approach to meditation

Spiritual conversation: Carmelite imagery of God.

Workshop: opening up these images for others.

Task for next session: how would I introduce a Carmelite approach to meditation?

May 15th 2021

Drawing from the Wellsprings of Scripture (live-presentation)

PRACTICE: Biblical roots of Carmelite prayer and *lectio divina*

Spiritual conversation: looking for Christ in Scripture.

Workshop: leading a guided meditation on the theme of desert/waiting

Task for next session: introducing and leading a *lectio* session.

June 26th 2021

A Learning Hidden Deep in the Heart: Reflections from *The Third Spiritual Alphabet*, Guide of St Teresa (video lecture)

PRACTICE: Disposing oneself for the gift of contemplation

Spiritual conversation: how is prayer a battle for the heart? what disposes the heart for a place of loving communion?

Workshop: introducing an exercise in the prayer of recollection in everyday life.

Task for next session: planning a session on “personal prayer and the Eucharist”.

TOPICS

PRAYER GUIDES COURSE(LEVEL II)

THE EXPERIENCE OF PRAYER

SAMPLE PROGRAMME

September 18th 2021

Praying in the Company of Mary

PRACTICE: Living in the Company of Mary

Spiritual conversation: Mary, mother and sister: her place in my life.

Workshop: introducing a session on “praying with two Hebrew mothers” (Lk 1:46-55; cf. 1 Sam 2:1–10; Ps 113).

Task for next session: developing a meditation on Mary from a Carmelite perspective.

October 16th 2021

Discerning Growth/Regression in Prayer

PRACTICE: Discerning Growth and Regression

Spiritual conversation: beginning to think about quiet days and retreats for growth in our prayer life.

Workshop: continuing to reflect on my experience as a participant in a day of recollection; a retreat; a time of guided prayer.

Task for next session: Beginning to think about planning quiet days and retreats.

October 30th 2021

Feelings, Mystical Experiences and Prayer

PRACTICE: Feelings, Locutions and Experiences

Spiritual conversation: how do I respond to talk of ‘favours’, visions, locutions? How does Carmelite teaching affect this?

Workshop: brainstorming what is needed in planning a retreat day and how lessons drawn from prayers of Scripture and the saints can help enrich the experience.

Task for next session: Continuing to reflect on retreats: individually guided retreats and themed retreats.

January 8th 2022

The Eucharist: Source and Summit of Prayer

PRACTICE: Living in Appreciative Abandonment.

Spiritual conversation: how can I listening more appreciatively to life? what are the obstacles and resistances to appreciative living? how do I live the Eucharist?

Workshop: Presenting a meditation on the mystery of the Trinity using brief Carmelite meditations.

Task for next session: Planning for the closing session.

January 22nd 2022

Transformed by Prayer

Endings and new beginnings.

Participants will have the opportunity to prepare and lead our worship on the Day of Graduation.

Closing ceremony of Graduation.