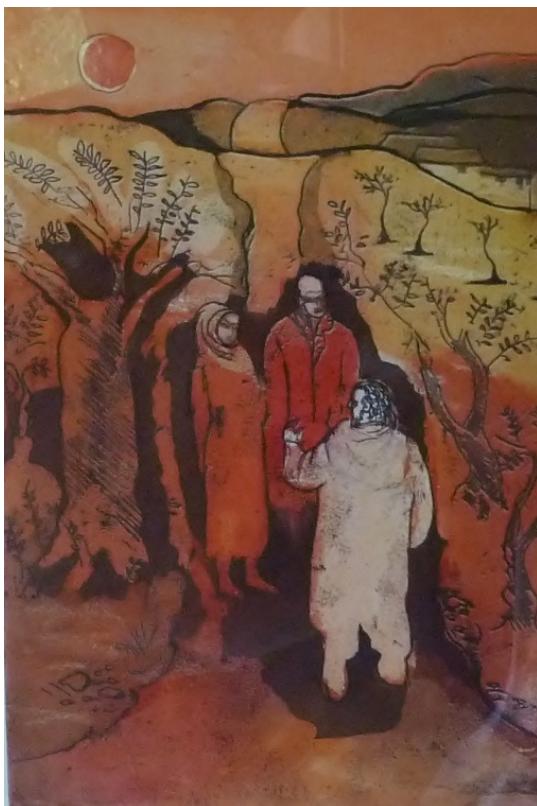


*The English-Speaking Community of the Parish  
of Notre Dame  
and the  
Anglican Church of Luxembourg*

Invite you to join a

**Lenten Week of Guided Prayer, 10<sup>th</sup> to 16<sup>th</sup>  
March**



## What is Guided Prayer?

It is an opportunity to:

- learn more about different aspects and practices of prayer
- deepen your personal relationship with God
- share your own concerns, uncertainties and experiences of prayer in confidence with a visiting 'prayer guide'.

We have two trained and experienced prayer guides (Barbara and Margaret) coming from the UK for the week.

There are two possibilities to participate:

- First, starting on the Sunday evening, 10<sup>th</sup> March, we will have several evening sessions during the week open to anyone who would like to come. We will discuss different prayer practices and offer the opportunity to pray as a group in different ways – *Lectio Divina*, Silent Meditation, the Stations of the Cross etc. Although there will be some continuity from one evening to the next, it will not be necessary to come to every session.
- Second, we will also offer individual prayer guidance to those who wish to be more deeply involved. We would encourage you to pray for 20-30 minutes each day during the week, and then meet at a pre-arranged time each day with one of the prayer guides to share whatever may be happening in your prayer. Do not worry if it feels like you have very little to report; sometimes prayer seems to go well and sometimes not. Whatever happens or does not happen in the prayer, you might like to take some notes afterwards and bring these to your meeting with your guide. Sessions with the guide would typically be for 30 minutes but only stay as long as you need. 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. She will listen attentively and lovingly to you and God's Spirit in you and may then offer suggestions for your ongoing prayer journey.

All sessions take place in strict confidence.

## Programme

### **Sunday evening 10 March at 18.00 - Opening Session (everyone invited).**

*A general discussion about prayer and what it means to have a personal relationship with God through prayer, together with an explanation of the programme in greater detail.*

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

*Daily half hour of personal prayer and an opportunity for an individual meeting with a 'prayer guide' at times to be arranged – probably over lunchtime or in the evening. This is an occasion for participants to discuss their prayer life in confidence and the difficulties and hopes and joys they may be experiencing.*

### **Tuesday evening 12 March (time to be arranged)** (everyone invited)

*An outline and discussion of different prayer practices*

### **Wednesday evening 13 March at 18.30** – (everyone invited)

*An explanation of silent meditative prayer followed by a session of silent meditation with the Parish Prayer Group.*

### **Thursday evening 14 March (time to be arranged)** – (everyone invited)

*Further discussion of different prayer practices.*

### **Friday evening 15 March at 19.00** – (everyone invited)

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

### **Saturday evening 16 March at 20.00** - Closing Session – (everyone invited)

*Review of the week and suggestions for follow-up*

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

For further information and to register interest please contact Steve McCarthy ([sjmc@pt.lu](mailto:sjmc@pt.lu)). (The number of 'places' available for individual guided prayer is necessarily limited.)

## **About the image on the front page**

This painting, by Paul Cyr, is of the meeting between Christ and two disciples on the road to Emmaus after his resurrection (See Lk 24:13-35). It illustrates the possibility of having a personal relationship and conversation with the risen Christ – an opportunity which God offers to us all through the medium of prayer.