
Spiritual Life Center

Walking Together with the Spirit

WHO WE ARE

The Spiritual Life Center is a community born of faith, gathered in love, and led by the Spirit to seek oneness with the Mystery that is God.

WHAT WE DO

We are called to tend the Holy in the souls of individuals, groups, and the world by cooperating with God to:

- * invite and nurture
- * equip and sustain
- * heal and transform

through the ministry of spiritual direction.

WHAT WE OFFER

SERVICES

- * Individual and Group Spiritual Direction
- * Individual and Peer Supervision

PROGRAMS

- * Spiritual Direction Internship
- * Pathways of Spirituality
- * Workshops, programs & retreats on various topics and disciplines relating to the spiritual life.

Spiritual Life Center
120 Mountain Avenue
Bloomfield, CT 06002-5003
Phone: (860) 243 - 2374
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Email: info@spiritlifectr.org

A WEEK OF GUIDED PRAYER

*A Program offered by the
Spiritual Life Center at your
place of Worship*



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PROGRAM

The Week of Guided Prayer is a retreat structured to fit the day to day schedule of a busy person. This week long retreat offers an opening training session in Lection Divina, five daily one-on-one meetings with a prayer guide and a concluding gathering at the end of the week.

The Week of Guided Prayer will assist those who desire to deepen their personal relationship with God or a Higher Power through praying with scripture. Through guided scriptural reflections, group prayer and individualized guided one-on-one companioning retreatants will be able to participate in this retreat without having to take time off from their weekly routine.

The Week of Guided Prayer leads the retreatant into a week of listening with the heart. Meeting with a prayer guide on a daily one-on-one basis helps each retreatant to zero in on their ever developing prayer life and relationship with God. The prayer guide will provide a perspective from which to pray, offer encouragement and help clarify one's growth in prayer through reflective feedback.

The prayer guides for the Week of Guided Prayer, are Spiritual Directors associated with the Spiritual Life Center. They companion others on the journey of life, faith, and prayer.

PARTICIPANT REQUIREMENTS

During the week of retreat, participants are responsible for :

- * Participation in opening group session
- * Meeting Monday through Friday for a 40 minute session with a prayer guide at your place of worship
- * Taking time each day to read scripture passages and take time out for prayer and reflection
- * Participation in closing group session

CHURCH REQUIREMENTS

- * Private spaces where Prayer Guides can meet with participants on a daily basis Monday through Friday
- * Space for all Prayer Guides and participants to meet together for an opening and closing session.
- * A person willing to be an onsite Coordinator to help with building issues, lock up, etc.

COST

The cost of the Week Long Guided Retreat is \$50/participant which includes a non-refundable \$20 programming fee. In addition the sponsoring church pays a one time programming fee of \$500.

THIS PROGRAM CAN COME TO YOU!

The Spiritual Life Center Community is happy to provide this program for a week at your place of worship.

If you are interested in finding out more please contact us at:

Spiritual Life Center,
120 Mountain Avenue,
Bloomfield, CT 06002,
or call the office at (860) 243-2374,
or email the Events and Programs
Cultivation Leader at
programs@spitilifectr.org

WE LOOK FORWARD TO HEARING FROM YOU AND PROVIDING THIS ENRICHING PROGRAM AT YOUR PLACE OF WORSHIP!

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