

## Participants have said...

"I find it hard to get away for a weekend or week but this I could do. One hour a day committed to my prayer life, helped me do what I want to do every other week, but fail to achieve. The results of setting this time aside with God were awesome. It was an experience of God rather than a duty to pray. God touched my inner most being & I'm still processing it."

"I believe an important factor of this week was my personal commitment of time to be with God. I experienced "God moments" that brought an awareness of how I can be with God. I was rewarded with sharing with my prayer guide by exploring new ways to pray and develop my relationship and spiritual journey with God."

"The guided prayer week was a wonderful time to draw away from daily life with God while still doing life as usual. Watching the process with another enhanced the experience and understanding that I have of God."



*Nothing is more beautiful than the uniqueness that God has created.*

*You don't have to create the beauty - you've got the beauty.*

*You don't have to create the freedom - you've got it.*

*You don't have to create the image of God in you - you have it.*

*You don't have to win over God's love - you have more than you know what to do with.*

*Thomas Keating*

## Led by Spiritual Growth Ministries



*SGM is a network of people from many Christian traditions who explore and nurture contemplative ways of living and praying.*

*Please contact Maureen Lamb  
for any further information.*

*Ph: 04 569 4149*

*[maureen@lamb.org.nz](mailto:maureen@lamb.org.nz)*

## A WEEK OF GUIDED PRAYER *(Ecumenical)*

**11<sup>th</sup>-17<sup>th</sup> April 2010**



**Hosted by the  
Tawa-Linden Anglican  
Church**

**Commences:**

**4pm Sunday April 11<sup>th</sup>**

**St Christopher's Emmaus Centre,  
165 Main Road, Tawa.**

**Closing Session:**

**10am Saturday April 17<sup>th</sup>**

**St Christopher's Emmaus Centre  
followed by brunch.**

**A Week of Guided Prayer offers you the opportunity to...**

- Create some God space in daily life
- Enjoy friendship with God
- Explore your personal spirituality
- Experience the transforming power of the Gospel today
- Discover God in everything and everyone

**How does the Week of Guided Prayer work?**

A trained prayer guide walks with you as you explore your own faith journey. They assist you to live more reflectively and honour confidentiality.

**You commit yourself to:**

- Attend the group gatherings at the beginning and end of the week.
- Keep the week as empty as possible.
- Pray for half an hour each day.
- Meet daily with your prayer guide.

***Suggested Koha: \$50.00***

*This includes a non-refundable \$10 deposit.*

**The focus of meeting daily with your prayer guide is on your personal experience of prayer.**

The prayer guide in listening to you may offer suggestions as to how you might want to spend your prayer time the next day.

The starting point for your prayer time is usually Scripture and relates to your own personal journey.

*The process is*  
***Prayer – Reflection – Sharing***

**The prayer guides are:**

Libby Hinton  
Maureen Lamb  
Graham Millar  
Revd Terry Alve

**They are all members of the Association of Christian Spiritual Directors of New Zealand.**

**Numbers limited to 20 - register now!**

***REGISTRATION FORM:***

*Please return this form with \$10 deposit to the Tawa-Linden Anglican Church office by Tuesday April 6th. Ph. 232 8448 or [admin@tac.org.nz](mailto:admin@tac.org.nz)*

*Cheque payable to 'Spiritual Growth Ministries' please.*

***NAME:*** \_\_\_\_\_

***ADDRESS:***

\_\_\_\_\_  
\_\_\_\_\_

*Phone number:* \_\_\_\_\_

*Email:* \_\_\_\_\_

*Please give some preferred times for meeting for a 1/2 hr with your prayer guide between:*

***9am to 12midday***

***1.30 to 6pm***

***or 7-9pm***

***each day Monday to Friday***

**Before the week starts you will be informed of the specific time allocated to you to meet with your prayer guide.**