

Month of Guided Prayer – A Retreat in Everyday Life Registration Form

Registration encouraged by January 29

Name: _____

Phone: (_____) _____

Email Address: _____

Please check preferred time for meeting with your prayer guide, once per week, same time each week on Tuesdays (check all that would work for you).

Morning (between 8:45 and noon) Afternoon (between 1:30 and 4:45) Evening (between 6:30 and 9:00)

Special requirements (e.g. after 3pm). If flexible, please leave blank: _____

Are there any weeks that you cannot meet in person, and if yes, please indicate when and if you prefer to meet via phone or Skype on another day that week: _____

Check here if you prefer to meet as a couple. If yes, please provide name and contact information for the other person: _____

Please complete the other side

Registration

Registration may be completed through <http://holycommunion.net>, by contacting Mary Haggerty at 636-675-2399 or celts6@att.net, or by delivering the tear-off registration form to the parish office. **Registration encouraged by January 29.**

There is no registration fee, but retreatants are invited to share the costs of the retreat as they are able. Regarding offering amount, the average cost for each retreatant is about \$48, some retreatants contribute less and some contribute more. Offerings may be given to the retreat coordinator, cash or check made out to Month of Guided Prayer. Your offerings help support the continuation of this ministry.

*Two things are needed
for spiritual growth –
Desire and Prayer*

The schedule for upcoming retreats, frequently asked questions and other information is available at www.weekofguidedprayer.org.

The Episcopal Church of the
Holy Communion
7401 Delmar Boulevard
University City, MO 63130
<http://holycommunion.net>

Trinity Episcopal Church
600 N. Euclid
St. Louis, MO 63108
<http://trinityepiscopal.net>

“Prayer is like climbing a mountain and the Week/Month of Guided Prayer is like tying yourself together for the journey to a place you will only know when you get there.”

The Rev. Roderic Wiltse
Emmanuel Episcopal
Church

Month of Guided Prayer

A Retreat in
Everyday Life

*The next step on
your spiritual
journey*

Co-hosted by
The Episcopal
Church of the
Holy Communion
& Trinity
Episcopal Church

Feb. 6 – Mar. 6

Overview

- A retreat in everyday life – pray on your own at least 20 minutes each day and meet privately with a prayer guide for one hour, once per week for four consecutive weeks.
- A retreat personalized to what you are hoping for – your prayer guide will offer suggestions accordingly. Many retreatants explore new ways of praying, and for some, it is a first experience of spiritual direction.
- An opportunity to become more aware of God’s presence in your life, and if you wish, an introduction to Ignatian Spirituality.
- Couples in committed relationships have the option of meeting as a couple with a prayer guide, rather than separately.
- Prayer guides are not allowed to companion someone they know.
- This is an ecumenical ministry, so any adult is welcome regardless of church affiliation or denomination.

Praise from Retreatants

“My prayer guide was excellent, understood my concerns and goals, and offered many suggestions for types of prayers and activities. My guide listened! I think we were an excellent match, and since there was no information about each other given during registration, I believe it was God’s will. Thank you, God!”

“I was feeling that my prayer life was in a rut. Now my spiritual/prayer life have started a new, fresh chapter I hope will unfold for years to come.”

“This retreat is so practical – integrating my spiritual life and my work life with simple prayer techniques I can use on a daily basis.”

“For the first time in my life, I am beginning to truly believe that Jesus desires to be *my* friend.”

“I now recognize ways I was already praying, but did not appreciate.”

“This retreat improved my prayer life more than anything else I have ever done.”

Specifics of the Retreat

- The retreat begins on Saturday, February 6 at 1:00 pm at Trinity Episcopal Church. At this gathering, there is prayer as a group and each participant meets his/her prayer guide (lasts about 90 minutes).
- Confidential, one-on-one meetings between retreatants and prayer guides occur at The Episcopal Church of the Holy Communion on Tuesdays (the same time each week for each participant) selected from the following when registering:
 - M – between 8:45 & 12:00
 - A – between 1:30 & 4:45
 - E – between 6:30 & 9:00
- If you cannot meet in person one or more of the sessions, it is possible to meet via phone or Skype (which need not be on Tuesdays).
- Closing of the retreat is celebrated as a group on Sunday, March 6 at 4:00 pm at Trinity Episcopal Church (lasts about 90 minutes).
- You may still participate in the retreat if not able to attend the gatherings on February 6 and/or March 6.

There is no wrong way to pray.
You can't do this retreat wrong.

The opening of the retreat will begin on Saturday, February 6 at 1:00 pm at Trinity Episcopal Church (lasts about 90 minutes). Please indicate whether you will be able to attend:

Yes, I plan to attend the opening.

No, I will be unable to attend the opening.

We prefer to assign different guides to retreatants (not meeting as a couple) who have close personal relationships, such as mother/daughter, husband/wife, life partners or very close friends. Please provide the name(s) of anyone registering with whom you have a close personal relationship: