**School of Ignatian Prayer**

****

 **What is it?**This year at St. James Petts Wood, we have invited the Outreach team of London Jesuit Centre to facilitate sessions for us online via Zoom on different ways of praying in the Ignatian tradition.

**Why?**St Ignatius of Loyola had a great ‘facility in finding God….and every time and hour he wanted to find God, he found him’ (*Reminiscences).*  Ignatius believed we meet God in every aspect of our lives, our experiences, our feelings and our imaginations. His spirituality is rooted in everyday life, offering guidance and ways of praying that are accessible, yet profoundly life changing.

**How?**Over six sessions you will be introduced to St Ignatius, and his ways of praying. The sessions will consist of input followed by a time of silent prayer, with opportunities to listen to each other and share together. These sessions are facilitated by trained and experienced prayer guides for whom Ignatian spirituality is a way of life.

**When?**Six consecutive Wednesdays (November 11th, 18th, 25th and 2nd, 9th, 16th Dec)
7.30pm – 8.30pm via Zoom – please register with the parish office in advance

*(The evenings are standalone sessions, but come to as many as you are able to gain the maximum benefit)*

**A perfect way to deepen your**

**relationship with God this Advent**