



Praying the Spiritual Exercises 20-19-2020

Praying the Ignatian Exercises over an 8-month period, in a group setting with 2-weekly reviews

Monday half-days

10.15am - 12.15pm

Terms run from 23 Sept 2019 to 18 May 2020.
Fortnightly meetings, avoiding school holidays.
Private prayer at home, usually daily.
19 sessions in total.
Full date list overleaf.

Venue – St Andrew's Church, Histon (just north of Cambridge)

Praying the Spiritual Exercises is open to anyone interested in deepening their prayer relationship with God.

You must simply be willing to commit to sharing confidentially in a small group over the full 9-month period. (You don't need to have studied spiritual direction, nor to intend to in the future.) Benefits of praying the Exercises in this way include: developing reflective prayerful practice in daily life; sharing the journey, encouraged by God's grace and learning from each other; some opportunities for facilitated peer group direction.

Course fee: £260

Led by tutors from the CCSD team.

① Download application forms from www.cc-sd.net

✉ Contact Janice Randall, CCSD Administrator on randall.janice@gmail.com or write with an A5 SAE to 17 Brackenbury Manor, Kay Hitch Way, Histon, Cambridge, CB24 9YY

Date list for our 2019-20 programme

!!!! Please note that 'Continuing the Journey', the refresher or optional second year course in spiritual direction, is now full. !!!!

Sp. Ex. review meetings MORNINGS	Continuing the Journey AFTERNOONS	<i>Relevant dates</i>
2019		
23 Sept intro meeting		<i>Term starts 4 Sept</i>
30 Sept		
14 Oct	CtJ Session 1	<i>21-25 Oct half term</i>
28 Oct	CtJ Session 2	
11 Nov	CtJ Session 3	
25 Nov	CtJ Session 4	
9 Dec		
16 Dec		<i>19 Dec Xmas hols start</i>
2020		
6 Jan	CtJ Session 5	<i>5 Jan term starts</i>
20 Jan	CtJ Session 6	
3 Feb	CtJ Session 7	<i>17-21 Feb half term</i>
24 Feb	CtJ Session 8	
9 Mar		
23 Mar		
6 Apr		<i>2-19 April Easter hols</i>
20 Apr		
27 Apr		
11 May		
18 May		<i>25-29 May half term</i>
<i>Advance notice: Fri 5 - Sun 7 Jun</i>	<i>Supervision: residential course in Ely. Details to follow later.</i>	

NOTE: The Spiritual Exercises meetings are mainly fortnightly but there are gaps of only one week on four occasions: at the start and end, just before Christmas, and just after Easter. This allows us to fit the prayer programme well with the main Church festivals, and also to avoid school holidays.

CCSD is part of the Society of Retreat Conductors, charity number 246045