

# MEETING CHRIST IN PRAYER



*Meeting Christ in Prayer* is an interactive 8-week guided prayer experience for small groups. Based on the Spiritual Exercises of St. Ignatius, it introduces participants to various ways of praying and provides an opportunity for them to support one another through their sharing.

## Who can participate?

The Meeting Christ in Prayer program is designed to serve many groups of people:

- people with little or no experience in praying
- people who are hungry for a deeper spiritual life
- people who are actively seeking to learn more about their faith
- people desiring spiritual renewal
- people looking to form regular prayer habits or try new ways of praying
- people who desire the support of others
- people who want to be aware of God's presence in their daily lives

## MEETING CHRIST IN PRAYER

**Start:** Thurs., Mar.3

**Time:** 7:00 – 8:30 PM

**Place:** St. Ignatius Loyola  
980 Park Ave.  
NY, NY 10028  
Parish Lounge

*Deadline for registration  
is March 1st.*

## What does it offer?

Meeting Christ in Prayer combines 8 weekly small group meetings (6 – 10 participants) with daily prayer and reflection exercises that are completed individually between each gathering. The cost of the program is \$30 and covers all materials needed. We have scholarships available, so please do not let cost prevent you from participating.

## SPRING MEETING DATES:

March 3

April 7

May 5

March 10

April 14

March 24

April 28

March 31



The **weekly meetings** are 1½ hours in length and include group prayer, a guided meditation, sharing and reflection, and an orientation for the following week's Scripture readings or prayer techniques.



The **individual daily prayer exercises** have three segments:

- (1) a brief prayer in the morning
- (2) a brief review in the evening
- (3) a period of personal prayer (20-30 minutes) at some time during the day

**If you have any questions about the program, please contact Sr. Kathryn King at [kingk@saintignatiuslovola.org](mailto:kingk@saintignatiuslovola.org) or by phone at 1-212-288-3588.**