



## Quotes from Retreatants following a Week of Accompanied Prayer

"I was very uncertain of commencing the Week. . . but it has brought me closer to God and more open to receive His love in a way I could not imagine."

"It was a privilege to meet with a personal companion each day in a quiet church - which truly began to feel like a place of retreat.

There was no pressure, simply encouragement, companionship and helpful suggestions to meet with and listen to God."

"Finding thirty minutes of quiet amidst the chaos of family life was extremely difficult but I thank God that I did because the experience has been so valuable."

This Week is for You -  
no previous knowledge  
or experience necessary.

For further information or to  
book a week in your church  
please contact:

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"A shaft of light  
each day"

*Quote from a retreatant*

# Week of Accompanied Prayer

## A Retreat in Everyday Life

an ecumenical retreat  
FOR EVERYONE

Patrons:

The Rt Rev Trevor Willmott,  
Bishop of Dover

Sr Felicity Young OSU

## Are You . . .

- ❖ Seeking ways to deepen your relationship with God?
- ❖ Excited by the idea of a whole week focused on the love of God?
- ❖ Making sense of your faith journey?
- ❖ Interested in different ways of praying?
- ❖ Rarely able to share your prayer experience with another person?
- ❖ Tied by family and work commitments from going away on retreat?

*If so . . .*

## This Week enables You . . .

- ❖ To deepen your prayer life.
- ❖ To be affirmed in the unconditional love of God.
- ❖ To have your own prayer companion on a one-to-one basis for the week.
- ❖ To share with your prayer companion, in absolute confidence, only what you are comfortable with (there will be no pressure).
- ❖ To explore a variety of ways of praying, based on scripture.
- ❖ To hear what God is saying to you personally and be affirmed.
- ❖ To take part in an individually guided retreat whilst going about your ordinary daily life.

*Interested . . .*

## This is what you will do . . .

- ❖ Begin the week by attending the Sunday evening service where you will experience two different ways of prayer using scripture and meet your prayer companion.
- ❖ Set aside half an hour each day (Monday - Friday) for your private prayer time.
- ❖ Come to the church for half an hour each day Monday - Friday to meet your prayer companion at a mutually agreed time.
- ❖ Celebrate in church for an hour on the Saturday morning with others who have also been on the week.

*Come and see . . .*



## What is the Week of Accompanied Prayer?

A "Week of Accompanied Prayer" is a retreat (usually ecumenical) based in a church setting so that people have the benefit of an individually guided retreat whilst living at home and going about their ordinary daily lives and this can be arranged in your area. The idea originated in the 1970s when a priest in Canada felt burdened to meet the spiritual needs of lumberjacks who were unable to take time off work in order to make a full time retreat.

Prayer Companions who give this retreat are a group of specially selected and trained people made up of laity and clergy of different denominations.

It is for men and women at whatever stage they are on their spiritual journey.

The role of the prayer companion is to walk alongside the retreatant in absolute confidentiality as they reflect on their life and prayer. The Week is a journey in the love of God where retreatants will be affirmed and encouraged in their own unique pathway of prayer. All prayer material is based on scripture. The purpose of the Week is to provide an opportunity to deepen our relationship with God.

The Week is not a 'one off' but can be repeated many times and will be different each time. God is indeed a God of surprises!