



ST AUGUSTINE'S
COLLEGE OF THEOLOGY

Lent 2021

Adventures in Prayer (free on-line retreat)

[5 sessions, beginning 21st February]



Adventures in Prayer provides the opportunity to explore what prayer is, the many different forms it can take and ways of overcoming the barriers that might have made growth in prayer difficult for us in the past. Each week will introduce a different way of prayer, with practical guidance on how to begin.

Prayer is an adventure since we step out of what we know into the life of God. We open ourselves to a love that goes on surprising us. In finding inner stillness, we are drawn into the outward flow of God's abundance.

February 21 st	Prayer and transformation	Chris Chapman
February 28 th	Prayer and burden bearing	Lyndall Bywater
March 7 th	Prayer and listening to the Spirit	Lyndall Bywater
March 14 th	Prayer of contemplation	Luigi Giola
March 21 st	Prayer in movement and action	Lyndall Bywater

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