

The Purpose

The **purpose** of Epiphany Group Scotland is to give mutual support and encouragement and to foster community among practitioners working from the living tradition of Ignatian spirituality, in order that ministries arising from the Ignatian Spiritual Exercises (from St Ignatius of Loyola) may flourish in Scotland and beyond.

The **aim** of Epiphany Group Scotland is to be a discerning group of women and men **working ecumenically** across Scotland; committed in our Ignatian work to being a force for transformation.

Members of Epiphany Group Scotland

- ◆ have completed recognised training in spiritual direction
- ◆ have completed the full Ignatian Spiritual Exercises in a recognised manner
- ◆ practice as spiritual directors/companions working in a properly supervised manner or practice regularly as a guide on Retreats in Daily Life (RDLs), Individually Guided Retreats (IGRs) Quiet Days Prayer Courses and further training.
- ◆ abide by the Epiphany Group Code of Practice, holding ourselves accountable for standards of practice beneficial to those with whom we work.

www.epiphanygroup.org.uk

Charity number SC055036

God's invitation to relationship

An introduction to
Ways of Praying



EPIPHANY GROUP
rooted in the Ignatian tradition



A short prayer course
to support people
into a deeper prayer life
through tutors' input
guided prayer experience
& sharing

A 4 week course & retreat

St Cuthbert's SEC
Westgarth Ave Colinton EH13 0BB
church hall

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Tuesdays 1.30pm – 3.30pm
13th Oct– 3rd Nov 2026
Sat 7th Nov 10.30am–12.30pm

God's invitation to relationship

An Introduction to Ways of Praying

For St Cuthbert's and surrounding parishes

A four week short prayer course and retreat to support people into a deeper prayer life through

- ♦ facilitators' input (all trained spiritual directors with Epiphany Group Scotland)
- ♦ guided prayer experience
- ♦ Sharing

What participants have said:

- ♦ *I am forever changed due to the course and very excited to grow deeper in my spirituality through prayer.*
- ♦ *It has been eye-opening the different ways that we can pray and hear God's voice.*
- ♦ *New ways of coming into relationship with God have been both dynamic and powerful.*
- ♦ *I wanted to let you know how beneficial I have found the course. It has been inspiring, uplifting, informative and instructional.*
- ♦ *It is starting to open up a completely new avenue for me.*
- ♦ *I am so grateful to you all for the wonderful course. You all did a wonderful job leading us.*

Outline

- ♦ General introduction to prayer, stilling and examen
- ♦ Praying with Scripture – Lectio Divina
- ♦ Imaginative prayer
- ♦ Praying with art & poetry

Dates

St Cuthbert's church hall Westgarth Ave, Colinton, EH13 0BB

Tuesdays : **Coffee 1.30pm start 2pm**

- ♦ Session 1 – 13th Oct (2pm—3.30pm)
- ♦ Session 2 – 20th Oct (2pm—3.30pm)
- ♦ Session 3 – 27th Oct (2pm—3.30pm)
- ♦ Session 4 – 3rd Nov (2pm—3.30pm)



Retreat morning

- ♦ Saturday 7th Nov, coffee from 10.00am
- ♦ Start 10.30am —12.30pm

NB When you are accepted onto the course there will be an expectation that you will commit to each of the 5 weekly sessions unless your circumstances change unexpectedly.

Cost:

There is no charge for this course, however donations are welcome at the end for covering the cost of the hall and the photocopying.

Facilitators from Epiphany Group Scotland:

Wendy Pearson & Diane Devlin

Applications

Further enquires to Wendy Pearson

Email: waysofpraying@epiphanygroup.org.uk