A WEEK OF DIRECTED PRAYER is a one-week retreat made during the course of everyday life. It invites participants to listen with the heart to God and to recognize one’s feelings and emotional responses to Him.

Two retreats are scheduled at Fairfield University:

JANUARY 4 - 11, 2014
MAY 17 - 24, 2014

To sign up, please complete the following, then scan and e-mail jbowler@fairfield.edu or copy and send via interoffice mail to Fr. Bowler in the Egan Chapel of St. Ignatius Loyola

Name: __________________________
E-mail: _________________________
Cell: ___________________________
☑ Faculty/Staff ☑ Local Resident

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Fairfield, Connecticut 06824

A WEEK OF DIRECTED PRAYER
An introduction to Ignatian prayer
WHO CAN MAKE THIS RETREAT?

The week is open to all faculty and staff who are interested in exploring their personal relationship with God through prayer.

Since participants are able to continue their daily routine during this retreat, it is especially appealing to those who find it difficult to go away for a retreat.

HOW DOES THE RETREAT WORK?

An introductory meeting will be held on the first Saturday of the retreat week in the Egan Chapel of St. Ignatius Loyola. A team of prayer guides, who are experienced Spiritual Directors, will meet with the retreatants.

A daily half-hour meeting will then be arranged with your own personal guide, to be held Monday through Friday, in the morning, afternoon, or evening, depending on your schedule.

You will also be asked to commit to one half hour of private prayer each day, choosing for yourself the time and location.

The week will conclude on Saturday morning when the retreatants come together to share, celebrate, and plan any follow-up desired.

THE WEEK OF DIRECTED PRAYER ADDRESSES THE FOLLOWING:

- I want to be in real conversation with God, and I need help to do that.

- My work life and prayer life are separate. I’d like to connect them.

- I need to reflect on how God is calling me at this time.

- I appreciate the prayer life I have but would like to have it enriched.

Many people express a desire for guidance in prayer. Often the need is described in terms of a search for deeper meaning in their lives or a deeper personal relationship with God.

Exploring your faith journey in a one-to-one situation where the focus is on you and your relationship with God provides an opportunity to satisfy these needs, to be affirmed in your natural way of prayer, and to explore new and different ways of praying.

Those who have attended this retreat have commented that life and relationships have become more authentic and integrated. They have also been blessed with a deeper peace and awareness of the movement of God in their daily lives.