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**Cambridgeshire Courses in Spiritual Direction**

**Praying the Spiritual Exercises**

2023-2024

**Monday half-days**

**10.15am -12.15pm**

**Terms run from Monday 2nd October 2023 – 13th May 2024**

**Fortnightly meetings avoiding school holidays,**

**Private prayer at home using course materials.**

**Led by tutors from the CCSD team.**

**Venue : Stable Rooms, St Andrew’s Church, Histon.**

**Full details overleaf**

The Spiritual Exercises are open to anyone interested in deepening their prayer relationship with God. You must simply be willing to commit to sharing confidentially in a small group over the full 9-month period. (You don't need to have studied spiritual direction, nor to intend to in the future.) Benefits of praying the Exercises in this way include: developing reflective prayerful practice in daily life; sharing the journey, encouraged by God's grace and learning from each other; some opportunities for facilitated peer group direction.

**Course fee in the region of £400-£600**

**The Society of Retreat Conductors is always happy to consider awarding bursaries to help participants with course fees.**

**www.thesrc.org.uk**

To book a place on this course please email the Course Administrator

*ccsd.secretary@gmail.com*

**'SPIRITUAL EXERCISES IN A GROUP SETTING'**

Weekly prayer material, with fortnightly review meetings at The Stable Rooms, St Andrew's Church, Histon

Our programme spreads Ignatius' original 30-day programme of prayer exercises, together with the additional scripture suggestions in his supplementary notes, over a much longer time period. His material is supplemented by other scripture and contemplation suggestions that CCSD has developed over time. This approach is known as a 19th Annotation programme. Our base text for the Exercises is DL Fleming's paraphrase *'Draw me into your friendship'*, but we also draw upon other authors and our own experience. The original 30-day programme was divided into four 'weeks'. The colours below show how our material corresponds to them.

*White = Our intro & ending. Blue = Week 1. Green = Week 2. Purple = Week 3. Yellow = Week 4*

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| **Meeting date 2023/24****(and sheet issue)** | *Date notes 2023/24* | **Exercises sheets to cover in this time\*** | *w/c date for sheet* |
| 2 Oct 2023Introductory meeting*Issue 1,2* | *School term starts**1 Sept* | 0 Introduction Pack  | *-* |
| 1 God in my life journey | *2 Oct* |
| 2 Listening To God As I Go | *9 Oct* |
| 16 Oct *Share 1,2; issue 3,4* | *23-27 Oct Half Term* | 3 Loved By God | *16 Oct* |
| 4 Longing For God Day By Day | *23 Oct* |
| 30 Oct *Share 3,4; issue 5 & 6* | *1 week gap* | 5 Growing In Freedom (The Foundation) | *30 Oct* |
| 6 Nov*Share 5; issue 6,7* |  | 6 Choosing God’s Ways | *6 Nov* |
| 7 Awareness Of Sin (Discernment) | *13 Nov* |
| 20 Nov*Share 6,7; issue 8,9* | *26 Nov = Christ King* | 8 The Reality Of Sin | *20 Nov* |
| 9 Bound By Sin | *27 Nov* |
| 4 Dec *Share 9,10; issue 10,11* |  | 10 Lesson Of Death | *4 Dec* |
| 11 Christ The King & His Call | *11 Dec* |
| 18 Dec*Share 10,11; issue 12,13,14* | *3 WEEKS**Xmas hols: 21Dec-3Jan* | 12 The Word Made Flesh | *18 Dec* |
| 13 The Nativity  | *25 Dec* |
| 14 The Hidden Life | *1 Jan 24* |
| 8 Jan *Share 12,13,14 ; issue 15* | *1 week gap* | 15 The Mission Begins | *8 Jan* |
| 15 Jan *Share 15; issue 16,17* |  | 16 The Strategy of Jesus | *15 Jan* |
| 17 Jesus Calls Me By Name | *22 Jan* |
| 29 Jan *Share 16,17; issue 18,19* |  | 18 Jesus Teaches Me (Election/Choices) | *29 Jan* |
| 19 Jesus Heals Me  | *5 Feb* |
| 12 Feb*Share 18,19; issue 20,21* | *Lent starts 14 Feb* | 20 Jesus Nurtures Me | *12 Feb* |
| 21 Jesus Challenges Me(Election, Cont'd) | *19 Feb* |
| 26 Feb*Share 20,21; issue 22/22a* | *Half term: 19-23 Feb* | 22 Jesus Accepts & Gives Love (Humility) | *26 Feb* |
| *22a* Walk humbly with God | *4 Mar* |
| 11 Mar *Share 22/22a; issue 23,24* |  | 23 The Last Supper & Agony In Garden | *11 Mar* |
| 24 Jesus’ Arrest And Trials | *18 Mar* |
| 25 Mar [Holy Week]*Share 23,24; issue 25,26,27* | *Easter hols: 29 Mar-12 Apr; Easter Sun 31 Mar*  | 25 The Suffering & Death Of Jesus | *25 Mar* |
| 26 Jesus Is Risen  | *1 Apr* |
| 27 Peace and promises | *8 Apr* |
| 15 Apr *Share 25,26,27; issue28,29* |  | 28 Abiding Presence | *15 Apr* |
| 29 I will ask the Father | *22 Apr* |
| 29 Apr*Share 28,29; issue 30, 30a* |  | 30 The Prodigal God (Contemplation of God’s Love) | *29 Apr* |
| 30a TBA | *6 May* |
| 13 May*Share 30,30a; Examen.* | *6 May BHol* | 31 At the Journey's End (Reflections for private use afterwards) | *-* |