

## Workshops

6.15 p.m. – Dyffryn Building, Treforest Campus  
(enter by foyer opposite Library/Learning Resource Centre)

These three workshops are open to all, free of charge; you can come to any or all of them, and you don't have to be participating in the guided prayer week.

### Tuesday 23rd November: Ways of Praying

This workshop is appropriate for Christians of any kind including seekers. All are welcome; the main prayer exercise will use the Christian Gospel.

### Wednesday 24th November: Discernment and Decision Making

This workshop will be of interest to those of any faith perspective, but is targeted at those who are Christians, or seriously considering Christianity.

### Thursday 25th November: Images of God

This workshop will consider perspectives of God from many religious traditions and is a special event for Interfaith Week.



For further information, please contact  
the Chaplaincy to the University of Glamorgan:

Tel. **01443 654060 (office hours)**  
Web: **[chaplainsy.glam.ac.uk](http://chaplainsy.glam.ac.uk)**  
Email **[chaplainsy@glam.ac.uk](mailto:chaplainsy@glam.ac.uk)**

# Week of Guided Prayer

at the University of Glamorgan

21-26 November 2010



Chaplaincy

Embracing Diversity - Celebrating Faith



**A Week of Guided Prayer is a retreat in daily life costing a fraction of most retreats but still a wonderful opportunity to:**

- Take time out
- Deepen your relationship with God
  - Discover new ways of praying
- Find help with any kind of decision
  - Discover who you really are



### • What is a Week of Guided Prayer?

It is an opportunity to set aside one week for a daily time of prayer (aiming at 20-30 minutes) and a daily half-hour individual meeting with an experienced prayer guide.

### • Who is it for?

- > Anyone who is already Christian and who wants to deepen their prayer life, or...
- > someone who is not sure what they believe but is willing to take a risk and seriously explore the reality of God...

Either way, it is for any generous soul willing to commit to the elements of the week. We will work with between 6 and 24 participants who may be students or staff of the University of Glamorgan. Places will be made available for members of the wider community, subject to demand.

### • What is the programme?

As well as trying to pray for up to half-an-hour each day, reviewing how that prayer time went and meetings with your prayer guide, there are other components of the week.

- > An Introductory Meeting for all participants: 3.30pm on Sunday 21st November at Castle Square URC Church Hall (by the Pink Shop).
- > A Closing Meeting on Friday 26th November with breakfast available from 7.30am and the formal (short) closing session at 8.30am, at the Chaplaincy Centre, 20 Llantwit Road.

There are three optional workshops, too (see back page) which are also open to non-participants.

### • Why do it?

When we are generous, God is more so. Even people who only took part because they felt sorry for their chaplain have got a lot out of the week! We encounter a God who loves and calls us. It can also be a great help in making or confirming decisions, big or small.

### • How much does it cost?

The full cost is subsidised by generous sponsors. Student participants, or anyone on a low income, is asked for £10. Those participants earning a full-time salary are invited to pay £25.

### • Will it affect my studies or work?

Yes and no. You'll be even busier that week because of these extra demands, hence the need to be generous. The retreat runs alongside your normal week, however, so you won't miss any seminars, practicals, work commitments or housework responsibilities. Sorry!

### • How do I sign up?

As soon as you know you want to participate, pass your name to one of your chaplains — the easiest way is to email [chaplaincy@glam.ac.uk](mailto:chaplaincy@glam.ac.uk) telling us your name and which campus you are based at. It helps the organisers to know how many are taking part as soon as possible. We can still sometimes take people right up to the start of the retreat.

Non-members of the University must apply by noon on Monday 8th November, and will be told in due course if space is available.