

G P R I L

GROWTH IN PRAYER  
&  
REFLECTIVE LIVING

28 OCTOBER 2025 - 5 MAY 2026

EPIPHANY  GROUP  
rooted in the Ignatian tradition

[WWW.EPIPHANYGROUP.ORG.UK](http://WWW.EPIPHANYGROUP.ORG.UK)

# The COURSE



This course aims to help participants develop and deepen their experience of prayer and live more reflectively. It offers opportunities to explore faith, discover meaning and come to a deeper, closer relationship with God. In doing so, it provides space to examine hopes and desires and to move towards the fullness of life we long for in ourselves, in those around us and in the global community to which we all belong.

## COURSE CONTENT

Participants are offered opportunities to:

- Experience different ways of praying taken from Ignatian and other spiritual traditions. These include coming to stillness, silent waiting, praying with scripture, imaginative contemplation and prayer of review.
- Explore aids to prayer and reflection including journaling, artwork, body awareness, music and use of images.
- Develop and deepen awareness of different perceptions of God and self.
- Discover a way of making prayerful choices in tune with God's hopes and desires for the world.

*Develop and deepen your experience of prayer  
and live more reflectively*

## METHOD

The course is primarily experience-based and reflective. Sessions include input, space for prayer, guided prayer and reflection and small group sharing. In addition to the weekly group meetings participants are offered the opportunity of one-to-one spiritual accompaniment.

## WHO IS THE COURSE FOR?

The course is open to those of any denomination and none. No particular experience of prayer is required, only a desire for God. Participants should be prepared to share some of their experience of prayer with others. The participatory nature of the course means it is important that there is a commitment to attend regularly.

## THE COURSE TEAM

The tutors are members of the Epiphany Group – an ecumenical group of women and men working across Scotland committed to ministries arising from the Spiritual Exercises of Ignatius of Loyola.

## AFTER GPRL

Growth in Prayer and Reflective Living is complete in itself. Some participants, however, may choose to continue on to the courses in Spiritual Conversation and then Spiritual Direction.



## ONLINE & IN-PERSON

The course will run online on Tuesday nights 7-9pm:

### Term 1

28th Oct / 4th Nov / 18th Nov / 25th Nov / 2 Dec / 9 Dec

### Term 2

6th Jan / 13th Jan / 20th Jan / 27th Jan / 3 Feb

24th Feb / 3rd Mar / 17th Mar / 24th Mar

### Term 3

21st Apr / 28th Apr / 5th May

There will also be 3 integral in-person days.

10am-4:30pm at Christ Church Morningside,  
Edinburgh on :

Sat 8th Nov / Sat 7th Mar / Sat 25th Apr

## COST

Course Fee: £495

A registration fee of £75, deductible from the total cost, is payable when accepted onto the course. The balance is payable in two instalments. We are keen no one is excluded from our courses for financial reasons so if this is a consideration for you, please enquire about financial help

## APPLICATIONS

Applications should be made as soon as possible using the online form obtainable from the website. For more information please contact Jayne at [gprl@epiphanygroup.org.uk](mailto:gprl@epiphanygroup.org.uk)