Parish Priest: Canon Edward D. Cameron

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Scottish Charity Number: SCO 013514



ST. CADOC'S R.C. CHURCH WEEKLY BULLETIN

SOLEMNITY of THE HOLY FAMILY Year C 26th December 2021

HOLY MASS and THE SACRAMENTS

HOLY MASS

Monday – Friday at 10am Saturday– 4pm and 5.30pm (Vigil) Sunday – 10am and 12 noon Holy Days of Obligation: 6.30pm Vigil and 10am

<u>Live-streamed Mass: Sundays only at 10am</u>

RECONCILIATION

Saturday 10.30-11.30am FUNERALS

Requiem Masses will be live-streamed only if requested by the Families.

BAPTISM

Sundays at 1.30pm MARRIAGE

By arrangement. (Marriage preparation required.)



Please remember in your prayers those who are sick and those who have asked for our prayers, especially all affected by Covid-19 and all who care for them.

We pray for the sick:

Diane Hill, Kamila Moravieszka, Daniel McClafferty, Patricia Sweeney, Lauretta Bauer, Margaret Joyce, Anne Coates and Bill Reed.

We pray for those who have died recently: Anne Conroy, Hugh Healy, Pat Tolland, Marianne Mair, Mark Brown, Cathie O'Halloran, John Hutton, Cathie Little, John O'Neill, Arthur Wellwood and Thomas McGarrigle.

Requiescant in Pace

We pray for those whose Anniversaries occur about now:

Joseph Hamilton and Tony Moy.

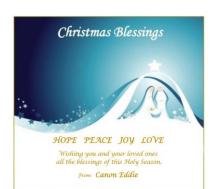
Requiescant in Pace

SAINTS of the WEEK

Sun 26 th	SOLEMNITY OF THE
	HOLY FAMILY
Mon 27 th	St. John, Apostle
Tues 28th	The Holy Innocents
Wed 29th	St. Thomas à Becket
Thurs 30th	St. Eugene
Fri 31st	St. Sylvester, Pope
Sat. 1st JAN.	SOLEMNITY OF MARY,
2022	MOTHER OF GOD
	World Day of Prayer for
	Peace
	New Year's Day

JOIN CANON EDDIE

for live-streamed Holy Mass
Sundays at 10am
Available on Parish website/ YouTube



CRIB APPEAL: ST. MARGARET'S

Donations to the Crib Appeal will help close the major funding gap caused by the pandemic and allow us to continue to support our adoptive families througho9ut Scotland. Thank you for your support.

S.S.V.P. The St Cadoc's SSVP
Conference consists of ten active members able to assist locally when called upon to seek out and find those in need and is financed solely through the generosity of parishioners who support our works by donating regularly through our SSVP collection boxes, which can be found in both porches of the church. To contact, please phone 07561 640489. Our newsletter is available on the SSVP page - Parish web.

Think Vocation: "God, here I am! I am coming to do your will. Can you make that offer, to put yourself at the disposal of God's plan for his people and for the world? Contact our Diocesan Vocations Director, Fr. John Morrison tel: 01418895056 or email vocations@rcdop.org.uk

WEEKLY COLLECTIONS:

Many thanks for your continued support of the Parish through Standing Orders, Direct Debits, Pay Portals, envelopes and the basket in the porch of the church.

These continue to be difficult times for everyone financially so please simply give what you can. Your financial support is always very much appreciated and more so given the on-going impact of Covid-19 on our lives. Canon Eddie

SAFEGUARDING Training Video for New Volunteers available on our Parish web.

ROSARY GROUP: You are invited to join us as we pray The Rosary in the church every 2nd Friday at 6pm. All new members welcome.

The children take turns to lead us in a short (15 minutes) recitation of the Rosary. Please contact Lesley Ward for further information – 07910266821 lesley@giffnockwards.co.uk

Children's Liturgy: at the 10am Mass.

Children in their pre-school year up to and including children in Primary 4 are eligible to attend. Children's Liturgy will generally be run as before, except that the children should be brought into the Parish Hall by their parents / grandparents /carers etc. before Mass begins to ensure that all children are settled and we are ready to commence our Liturgy when Mass commences in Church. It will be necessary to register your child's details etc. when you bring your child into the Hall, so that we can build up a register of all children attending. We are looking for volunteers to assist with this special Ministry. If you are interested or wish to find out more about what's involved please contact: Catherine Senior (Tel. 07555 094304 or c.m.senior@talk21.com), for further information. Please give serious consideration to this request as we are always short of leaders and it is a good way to be involved in our Parish community. It should be noted that anyone working with children in the Parish must be a PVG scheme member and it is also mandatory that volunteers attend a child protection training meeting. This process can be easily arranged through the Diocese. We hope to see many new faces too over the coming weeks.

WORLD SYNOD of BISHOPS - 2023 - CONSULTATION You are asked to read the full text of the Consultation Document – available on our Parish web - in preparation for an open meeting in the parish hall in January 2022.

Please click on this page to access more news...

Safe Use of Places of Worship

The First Minister announced recently changes to be observed for the safe use of places of worship from 00.01 on Friday 17 December. The main change is the extending of the social distance to two metres for certain groups exempt from wearing a face covering, and for everyone else of at least 1 metre. We are also compelled to carry out a risk assessment to ensure the safety of those who come to church and to encourage Lateral Flow Testing before attending services and gatherings.

Those responsible for a place of worship must take such measures as are reasonably practicable, to minimise the risk of the incidence and spread of coronavirus on the premises.

The Scottish Government is hugely grateful for the efforts and collaboration of Scotland's faith and belief communities in continuing to follow best practice guidance in places of worship. We are grateful to the Scottish Government for its confidence in our good practice and most appreciative that we can continue to worship without restriction on the number of parishioners wishing to attend church each week, knowing that the health and safety of everyone is taken seriously and the risk assessment reviewed ongoing.

At St Cadoc's, we will observe strictly the regulations of the Scottish Government and the directives of the Working Party of the Bishops' Conference of Scotland.

From 00.01 on Friday 24 December the following regulations will be observed until Friday 29 April 2022:

Instructions for health and wellbeing and safe use of parish property:

- 1. If you can walk to church, please do so to reduce the number of cars using the car park.
- 2. Please arrive early and be seated at least 10 minutes before Mass is scheduled to begin.
- 3. Everyone will be required to sanitise their hands before entering church property and encouraged to do so when leaving.
- 4. Face coverings are compulsory for all who are over 12 years of age. The covering must cover both the mouth and the nose at all times when in the building.
- 5. Please maintain a respectful distance of at least 1 metre.
- 6. People with medical exemptions will be seated in an area designated for social distancing of 2 metres.
- 7. Details for Track and Trace will be required for registration.
- 8. Attendees will be directed to their seats by the pass-keepers and also to come forward for Holy Communion and when exiting the building.
- 9. We will operate a one-way system on entering and leaving the property.
- 10. Please follow the directions of the pass-keepers at all times and treat them with respect.
- 11. Natural ventilation and air purifiers continue to be an effective means of keeping everyone safe at St Cadoc's. Please dress appropriately when coming to church to ensure that you are warm and protected.

Changes to the Liturgy:

- 1. Bulletins will be provided for each household with important information as well as responses and hymns for Mass.
- 2. Offerings will continue to be encouraged using Standing Orders, Payment Portals or envelopes in the boxes provided.
- 3. The use of quiet music will be used prior to and at the end of Mass.
- 4. The Mass will be celebrated in a timely, solemn, reverential and meaningful way, with the full participation of the faithful through prayer and song.
- 5. A full participation of the various ministries will be encouraged.
- 6. The norm for receiving Holy Communion during Mass will be on the hand and for those who choose to receive Holy Communion on the tongue, after Mass.
- 7. Please avoid crossing over to another lane for Communion.
- 8. Those wishing to receive a blessing can do so from the priest or the Eucharistic Minister by crossing their arms over their chest.

In the months to come, we will review these procedures to ensure that we are following good practice and keeping people safe. I ask, please, for your PATIENCE and full CO-OPERATION. *Canon Eddie*

The obligation to attend Mass on Sundays and Holydays of Obligation will be reinstated from Sunday 2nd January, the first of the new year.

In accordance with the common teaching of the Church this obligation does not bind those in ill health or those otherwise impeded from attending Mass. Nor, in the context of COVID, does it bind those showing symptoms of the virus or with underlying health conditions, or those with responsibilities for people in need of special care.

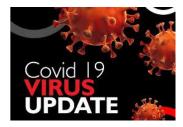
The obligation to keep the Lord's Day holy by attending Mass should not be seen as a burden. It is a summons addressed to our human freedom and to the heart of every baptised member of the Church.

The obligation call us to come to the Father together without fellow-believers, to "listen to the Word of God and to take part in the Eucharist, calling to mind the passion, resurrection and the glory of the Lord Jesus, giving thanks to God who 'has begotten [us] to a living hope, through the resurrection of Christ from the dead" (SC,106) Sunday Mss can reinvigorate and refresh our Christian faith, our sense of community and our desire to live as missionary disciples in the world. This is why the Church takes this obligation seriously.

DIOCESAN NEWS

The Pastoral letter issued by the Bishops of Scotland is available to read/download on our Parish web.

<u>CELEBRATION OF PUBLIC MASS</u>: Please only return to Mass if you have no underlying health conditions; are not shielding; and feel confident to return. Remember the Sunday Obligation to attend Mass is still suspended. <u>LIVE STREAM MASSES</u>: Services can be accessed via the Diocesan website: <u>www.rcdop.org.uk</u> Also, **to hear Canon Stephen's**<u>DIAL-A-MASS</u>: <u>telephone</u> 0141 473 4869. Mass is recorded daily around 10am and is available to listen to anytime.



COVID UP-DATE: December 2021

The Scottish Government has issued legal requirements to be implemented for places of worship for the coming weeks. On behalf of the Diocese, Mgr. Gerry Gallagher has provided a letter for all parishes outlining the changes. The full text of the letter is available to read/download on the parish web. BCOS/Covid-19 page.

SCSSA: The Catholic Church in Scotland has appointed The Hon Lady Rita Rae QC as the first Board Chair of the new Scottish Catholic Safeguarding Standards Agency (SCSSA) which will operate as a private company. Lady Rae will begin to recruit SCSSA Board Members in January 2022. For more information, visit: Diocese of Paisley | Church appoints Chair of Independent Safeguarding Agency | Paisley, UK (rcdop.org.uk)

<u>Parents Newsletter – Marriage and Family</u> A very informative newsletter for Parents from 'Marriage and Family' is available to read/download on our Parish web - *Marriage - St Cadoc's Church - Newton Mearns, Glasgow (UK) (stcadocsrcparish.org.uk)*

MARRIAGE PREPARATION COURSES 2022 "We are pleased to confirm dates for Marriage Preparation courses in 2022. Each course will consist of two 90-minute Zoom sessions and one 3-hour workshop, which will be held in the Diocesan centre or Cathedral Hall, depending on numbers. We piloted this format in September of 2021 with very positive feedback. Should any of these arrangements require amendment due to Covid restrictions we will inform you and the couples of any changes directly. Couples should be directed to register via the Marriage and Family page on the Diocesan website, or by using this link https://rcdop.org.uk/marriage-preparation-day-registration-form The cost for the course per couple is £30 which includes an information pack, CTS booklet 'Cherish your wedding' and refreshments during the workshop. Once couples have registered we will contact them directly regarding attendance at the course and will send them a certificate of completion."

John and Liz Holmes, Marriage & Family Office Diocese of Paisley ALL DATES FOR 2022 ARE ON PARISH WEB.

Christmas Dinners

St. Conval's in Linwood, through the generosity of local Parishes, has managed to send out 100 meals each week and a way of supporting local families in the St. Benedict's Cluster who are in need. We intend again to provide 100 Christmas Dinners cooked in our Hall Kitchen and a goody bag of toys and Gifts also and so we appeal for your support. **Any donations of food, toiletries new**Toys or Cash will be gratefully received (Outer door of Church House Porch is unlocked and donations can be left in the Porch).

Any we cannot use ourselves we will pass on to local Foodbanks. Thank you for your support!



Donations made before 31 January 2022 will be doubled by a group of generous supporters, up to £1.6 million – meaning that, this winter, we can reach even more hungry children with a life-changing school meal.

Mary's Meals are pleased to announce their Double the Love campaign. From 1st November 2021 to 31st January 2022, all donations up to a total of £1.6 million will be matched by a generous group of private donors. Every little act of love for the hungry children who eat Mary's Meals will be doubled during this period, so please consider supporting this campaign and praying for its success. There are many ways to donate, including choosing Mary's Meals gift cards as a meaningful gift this Christmas, or setting a virtual place at your Christmas table – find out more at Home Mary's Meals UK (marysmeals.org.uk).

WORLD SYNOD of BISHOPS - 2023 CONSULTATION RESPONSE DATE

We are asked to submit our thoughts **on/before 8th APRRIL 2022**; this is to give us time to collate and publish our diocesan "answer" before we submit it with the deliberations of the other seven dioceses in the county, so that the national response is ready and published by August. *The full text of the Consultation Document is available to read/download on our Parish web – Synod 2023 page/ side column - Documents section.*





Faith, Family and Fraternity - A Call to Service

Supporting our clergy, serving in our parishes, helping the needy and developing our personal and family faith with like minded men. And much more....... Does that sound like you? If you are a man aged 16 or over the Knights of St Columba could be your answer. Province 1 of the KSC is recruiting in the diocese NOW. For more information on how to join Britain's largest Catholic laymens' organisation, phone John O'Donnell on **07854 886425** or email: pgk@glasgow.ksc.org.uk

SERVING GOD BY SERVING OTHERS FOR OVER 100 YEARS

<u>Catholic Erskine:</u> We will be launching a new Alpha Experience on <u>Wednesday 19th January online from 7.00pm.</u> What is Alpha some of you may be asking. Alpha is a course used for bringing people to a deeper understanding of God in their life. Alpha is a series of 14 sessions carried out over a 10 week period. The format of each session is always the same. Part 1: informal get together; Part 2: watch a video; Part 3; short period of discussion. The topics covered in Alpha are: Is there more to life than this? Who is Jesus? Why did Jesus die? How can I have faith? Why and how can I pray? Why and how should I read the Bible? How does God guide us? Who is the Holy Spirit? Does Jesus heal today? If you are interested in taking part in the Alpha Experience please register on our website: catholicerskine.website or email alpha@catholicerskine.info.

Online Rosary and Stations of the Cross You are invited to join us, Catholic Erskine, to pray the Rosary, online, Monday – Thursday and Saturday at 12 noon each day. You are also invited to join us on Friday at 12 noon, when we pray the Stations of the Cross. At present we are using "Mary's Way of the Cross" – a series of prayers, reflections and meditations as we accompany Mary as she follows her Son on his road to Calvary. To join any of these ventures please visit our website; *catholicerskine* website and click onto the Rosary link. All welcome.

<u>Our Community Circle of Prayer event</u>, which can be found by accessing the Catholic Erskine website, or our Facebook page, is now in it's 18th month! Each Friday at 7pm, a number of people from different Catholic communities, and sometimes across countries, come together at 7pm for just half an hour to reflect on a theme and pray for the intentions of the wider community and the world. Below is a list of our themes from now to Christmas. Why not join us one Friday? You will be assured of a warm welcome and, most importantly, our prayers. If you are unable to physically join us, please email prayerpetitions2020@gmail.com and we can send you the slides for that week. Thank you for your time.

Help the Missions by Text Please help our Catholic Church in Scotland's missions in the developing world. Supporting the Missions is as easy as 1,2,3! On your phone, just text MISSIOSCOT to 70085 to donate £3, or MISSIOSCOT with any number between 1-20 after it to donate your desired amount (For example MISSIOSCOT10 will donate £10). Missio is about the Church in Scotland caring for the Church in other parts of the world where it is financially poor or young. The people in the Church in other parts of the world pray for us and we pray for them. This is part of the Church's mission - that others will know Christ by the love seen among us.

RIGHT TO LIFE: Links via which you can register your views on current concerns. It only takes 30 seconds using the



easy tool provided: Genocide Response campaign website
 https://righttolife.org.uk/StopAssistedSuicide
 www.righttolife.org.uk/FetalPainMotion
 www.standupandsmile.org.uk / Equally Human

Contact your MP to ask them to support palliative care for the dying: https://carenotkilling.scot/

SUCCESSFUL LOBBYING: Assisted Suicide Bill fails to go to vote:

Catherine Robinson, spokesperson for Right To Life UK said: "It is a great outcome that this Bill was not taken to a vote. The Bill is unlikely to be given time in Parliament to be debated in the House of Commons and become law, given that it is not supported by the Government". The Bishops Parliamentary Office issued a briefing (Assisted Suicide — Catholic Parliamentary Office (rcpolitics.org) which has been sent to all Catholic MSPs. We will be working in tandem with Care Not Killing and encourage you also to sign up to their messages. (Promoting palliative care, Opposing euthanasia and assisted suicide — Care Not Killing - Care Not Killing - Promoting care, Opposing euthanasia - Care Not Killing) Find out more at Assisted Suicide — Catholic Parliamentary Office (rcpolitics.org)



Marriage Counselling Our Diocese has a Counselling Service for Catholics Married in the Catholic Church with our dedicated Catholic Marriage Counsellor. If you are concerned about your relationship and feel you are both unable to reach a conclusion alone, it is likely that you will benefit from marriage counselling. The counsellor is there to maintain a neutral, non-judgmental position. For information or advice please email in confidence: counselling@rcdop.org.uk

Please note the new contact number: 07706063936.

RECRUITMENT ADVERT: Paisley Diocese Marriage Counselling Service is looking for a counsellor (self-employed) to provide counselling sessions for clients using the service. The applicant will be a therapist with proven expertise in working with couples. The service supports couples married in the Catholic church and the service is underpinned by the Christian tradition. See our website for full information on this post: redop.org.uk Diocesan Directory – Vacancies

<u>Marriage and family webpage</u> The Diocese has a dedicated page on the website for Marriage and Family life. It contains a wealth of information, support and resources for many aspects of this important vocation. For more information please visit https://rcdop.org.uk/marriage-family-life-2



Diocese of Paisley Caritas Commission Cancer – New practical support from Macmillan for parishioners within Paisley Diocese. Paisley Diocese Caritas Commission is working with Macmillan Cancer Support's new 'Improving the Cancer Journey' Service to provide a range of practical supports for parishioners and their families to help deal with the impact of cancer. For parishes in the East Renfrewshire Council area, please contact: Lisa MacLeod - East Renfrewshire Macmillan Money Advice Team Telephone: 0141 577 8420 Email:

Update - St. Benedict's School Cluster Providing Food and Toiletries Thanks to your generosity we have continued to provide, throughout the past 10 months 200 meals to local families every week we also continue to provide food parcels and toiletries as required. As we look to the future we are hoping that restrictions and the employment situation continues to improve we will be able to scale back this practical charity. Thanks to all who have given of their time, their talent or their treasure! It may be that we will launch a further Appeal for Christmas dinners in the Season of Advent. (Meantime you may leave donations, food for parcels or toiletries in the parish house porch or post donations through the doorway.) Course to Qualify as an RE Specialist Are you a qualified teacher, at secondary or primary level, interested in an advanced qualification as an RE specialist? The University of Glasgow is offering an ATQ in RE this coming academic year (21/22). A grant of £400 is available in two instalments from Paisley Diocese for teachers resident in the diocese who attend monthly diocesan seminars to support the completion of their assignments. This qualification fulfils the requirement for applying to the GTCS for Professional Registration as a specialist Religious Education teacher in the Catholic Secondary school. Please find all the details, including teaching dates and cost, here: ATQRE: https://www.gla.ac.uk/schools/education/cpd/atqre/ GTCS PROFESSIONAL REGISTRATION: https://www.gtcs.org.uk/registration/routes-professional-registration-secondary-teachers.aspx Faith in Change and Conflict: We know conflict is part of life and can be both creative and destructive. We notice that many people – including those in faith communities – can struggle to find helpful ways to respond to change, transition, tension and difference. Some structures, cultures, systems and habits can make it difficult for people to hear each other well and relationships may break down. We also know that there is much transformational potential in conflict.' Faith in Change and Conflict is a training course running in September and January for individuals or parish representative their parish or diocese. (https://www.placeforhope.org.uk/training/course/faith-in-change-and-conflict)

lisa.macleod@eastrenfrewshire.gov.uk



Catholic Teacher Education: Historical and Contemporary Perspectives A discussion on "Catholic Teacher Education: Historical and Contemporary Perspectives," Dr. Leonard Franchi. This new seminar series draws on the expertise of the St Andrews Foundation staff to present some innovative and challenging thinking on the aims and purpose of Catholic Teacher Education. To register for the seminars below, please complete the registration form available via the following link: Catholic Teacher Education: Historical and Contemporary Perspectives (office.com) Zoom joining details will be emailed beforehand.

Street Pastors in Inverclyde are recruiting Following a long period of inactivity due to the Covid-19 pandemic, Inverclyde Street Pastors are back out in the community from 10pm to 4am at weekends and making a very useful contribution to the local community. They have also been out on daytime patrols. They need to recruit more Christians for this role. Please contact their Co-ordinator at inverclyde@streetpastors.org.uk or telephone Alistair on 07740 201 853 regarding possible arrangements. Anyone interested will be able, if they would like, to come out with the Street Pastors as an observer on one of their patrols to see first-hand what Street Pastors do. More information at www.scotland.ascensiontrust.org.uk



JUSTICE & PEACE: For information about issues of social justice, and to keep up to date with current campaigns, follow Justice & Peace Scotland on Facebook, Twitter and Instagram or check out the website, www.justiceandpeacescotland.org.uk If you wish to be more involved in the work of justice and peace email office@justiceandpeacescotland.org.uk. The staff will be willing to help you in any way they can. At the moment the office is closed and staff are working from home, Mon to Weds.

The Legion of Mary Wayside Club, 32 Midland Street, Glasgow G1 4PR - 'Reaching out since 1932' The Wayside Club provides a daily evening meal to the homeless of Glasgow, prior to COVID this would have been a shared meal with the opportunity for social connection and spiritual support from a member of the Legion of Mary with an opportunity to join in evening prayer. During COVID we have continued to provide take-away food and support and advice about accessing other agencies. We are keen to promote our service amongst Catholics who could help us by becoming legionaries to provide practical and spiritual support to our clients. We also want to encourage Auxiliary members who would be prepared to support us in prayer. Rev. John Fletcher Permanent Deacon Spiritual Director Our Lady of the Wayside Praesidium. John.Fletcher@rcag.org.uk

Guidance on the Safe Use of Social Media May 2021 v1.1 This guidance had been developed to advise those working within dioceses, parishes, religious communities and Catholic organisations about how to mitigate the risks that can be posed when using social media to communicate. It should be read in conjunction with Diocesan policy statements. Read/download the full document available on the Parish web (Diocese/Safe Use of Social Media page).





Hate Crime and Anti-Catholic Incidents Police Scotland's 'Hate Crime' Team for Renfrewshire and Inverclyde invite you to contact them with any information on community tension, anti-Catholic behaviour/incidents etc to ensure their occurrence is accurately reported. To report any anti-Catholic behaviour or community tension within Renfrewshire or Inverclyde please contact Constable Mary Connelly at renfrewshireinverclydedcusafercommunities@scotland.pnn.police.uk

<u>Missing People UK</u> Missing People UK is a UK charity with over 25 years frontline experience of providing emotional and practical support to missing people and their families. Whether someone is thinking about leaving home, has already left, or has a loved one who is missing, we are here to support. To find out how YOU can help visit: <u>Home - Missing People</u> or our Parish website: *Here for YOU*

Craig Lodge, Dalmally, Mission House for Young Adults: Craig Lodge Community is offering a new opportunity to young Catholics on how to live a life of mission. Craig Lodge Mission House is a nine-month residential programme for any young adult between the ages of 18-30 who desires to become a passionate lover of Jesus and become Spirit-filled evangelisers for the renewal of the Church," (Pope Francis). Community, prayer and studying of the Catholic faith and learning to proclaim the Good News to others". The mission house will begin in September 2021 and applications are now being accepted. Visit the Craig Lodge website for more details. www.craiglodge.org/missionhouse





<u>Minsteracres Retreat Centre</u> The Minsteracres Retreat Team invite you to join them on <u>an</u> online retreat. The 2021 programme includes varied day, weekend and week-long events.

Currently coronavirus restrictions apply so online retreats are offered. The theme for 2021 is "The God who Speaks...". We will explore some of the many ways in which God speaks to us through prayer, through scripture, through challenging times and through nature. During all of our retreats we will be invited to consider new ways of attending to and living out the Gospel. For more information visit: https://www.minsteracres.org/come-on-retreat/ Further details on how to join the retreat using ZOOM will be sent to you once you have booked and paid for a place online. We look forward to welcoming you!

<u>Living Prayer Course – November 2021 – July 2022</u> A course in contemplative prayer and living – In this innovative nine-month Prayer Course you will learn how to live a deep prayer life that is contemplative and suited to your lifestyle. For more information: www.carmelite.uk.net/livingprayer or contact: ruth.preston@carmelite.org.uk | 07849 596 572 *More details below:*



Are you interested in deepening you prayer life? Do you have a heartfelt desire for a transforming experience of your spiritual journey?

This innovative nine-month Prayer course will help you to deepen your experience of prayer. It will enable you to practice contemplative living according to your own lifestyle. The course meets one weekend (Friday evening- Sunday lunchtime) a month from **November 2021 to**July 2022, and is presented by the Living Prayer Course Team of the Centre for Applied Carmelite Spirituality (CACS).

TERM THEMES - Awakened by the Beloved, Letting Go and Letting God, Receiving True Life from the Tree of Life, Resting in God and Resting from Self, Simplicity and Contemplative Discernment, The Contemplative School of Mary, Forgiveness and Healing in Relationships and Spiritual Commitment.



Grow in your knowledge and practice of Silent Prayer, Lectio Divina, Contemplative Liturgy, Psalmody, Prayer Journaling, the 'Gratitude Prayer' and Spiritual Reading.

For more information: www.carmelite.uk.net/livingprayer
Or contact: ruth.preston@carmelite.org.uk | 07849 596 572