

Friends of Carmel Prayer Group



The **Goal** of the Friends of Carmel Prayer Group is to encourage, enlighten and support one another, to pray together & to enable one another's personal friendship with God.

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| What it is | <p>A Friends of Carmel Prayer Group affords an opportunity to a small group of individuals to journey with others to:</p> <ul style="list-style-type: none"> - deepen their understanding of Carmelite spirituality through personal work guided by a short extract from the writings of Teresa of Avila (or another Carmelite Saint); -benefit from support for their spiritual life and make progress in the practice of Carmelite prayer; - experience conviviality and discussion in the safety of the meetings led by a member of the Secular Order of Carmel. |
| Meeting Format | <ul style="list-style-type: none"> - Ideally a simple meal together (optional) - A brief group exchange of important prayer experiences since the last meeting; - A short presentation on the Saint's work; - Discussion of the text assigned for study and reflection since the last meeting; - Carmelite or Silent prayer together as a group. |
| Commitment | <p>Participants commit to:</p> <ul style="list-style-type: none"> - reading & reflecting on the assigned text as many times as possible until the next meeting with an attentive heart for the text to 'work' within you; - devoting time regularly to silent prayer; - regular attendance & active participation in meetings. |

Meetings/ Date / Time

Contact Name/Email

Website: prayingwithteresaofavila.com

YouTube Channel: The Royal Road to Heaven

All Materials available in Class, \$---