

Organising a RIDL Opening meeting agenda

Venue/date/time to have been sorted

THE MEETING

XX to have “prayer focus display” in place by ttpm, if wanted.

AA starts with welcome and opening prayer.

Introductions round – before we start, might help to just see who is here, so, invite all to say – a name, or a word or phrase about what brings you here

We, Manresa Link, have been invited here to arrange a RIDL

BB explains

- i) what Manresa Link is – ecumenical, all volunteers (no-one is paid). Based on Ignatian Spirituality. Guides have experienced retreats like this and been trained to deliver same.
- ii) **how the retreat will work** – we will give everyone the same scripture passages at the end of this meeting, to focus their prayer on in the coming week, and to keep using those same passages all through the week.
- iii) We suggest that after each prayer time, that you journal. You write down what you experienced.
- iv) We urge you to commit to praying every day, for at least 30 minutes each day – or as much as you can.
- v) At the end of each week of the RIDL you will meet with your prayer guide, and they will help you to review what you have discovered, and what you to discern to be relevant scripture/music/poetry/art for you to pray on during the next week, and so on for each of the weeks of the retreat.
- vi) But crucial message is - **the core of the retreat is your time in prayer**, NOT your time with your guide. The guide is here to help you, not to take over.
- vii) All prayer guides will keep strict boundaries of confidentiality, they will not share or discuss with others what you have said, unless a safe-guarding issue is raised.

So now to get more practical let's take some time to Still together.

A stilling exercise

CC explains what it is – not relaxation, it is letting ourselves come quietly into the presence of God, before starting to pray.

CC takes them through a live example of stilling.

Afterwards, repeat that we suggest they do this stilling before every prayer time. Explain there are lots of different methods – and there will be info about other ways of doing this at the end.

The Prayer Forms

After stilling, the first prayer form that we want to introduce you to is

Lectio Divina (Divine reading)

DD explains what it is, and takes everyone through a live example

The second prayer form that we want to introduce you to is

Imaginative prayer

EE explains what it is, and takes everyone through a live example

Next steps

Give out leaflet - covering Lectio, Imaginative Prayer, and giving readings for the first week of prayer (Isaiah 43:1-5 for Lectio, and John1:35-42 for IP – suggest they try out both. Can alternate as they wish but try both.

VERY IMPORTANT- stress that the idea is not to divert/move on from these readings, but to keep repeating – explain importance of repetition to help go deeper

Donations – voluntary, to cover expenses can be cash, cheques to Manresa Link, or online

Announce prayer guide/retreatant links I not already done, and then let guides/pilgrims meet to separate out to arrange one-to-one meetings.

N.B. once the RIDL gets underway, it is a good idea for the organiser to “check-in” with the prayer guides from time to time to demonstrate interest, and to give space for them to raise any issues.

