

"LIGHTWORKS"

Ignatian Prayer ~ Simple Exercises



This group is for those individuals who may not be ready for the full Spiritual Exercises but desire to move into deeper prayer. While praying "**LIGHTWORKS**" you will increase prayer stamina (like physical exercises increases our physical stamina). Participants will stretch themselves while on this journey by increasing their prayer time and commitment. Daily prayer expectation

is 30-45 minutes closing the day with the Awareness Prayer. Groups meet weekly for 60-90 minutes (depending on group size). Groups will meet online via Zoom. Knowledge of Ignatian methods of prayer is assumed and will be used in this prayer group. Those who have prayed with *Invitation to Personal Prayer* are ready for this group.

Commitment for the full journey of "**LIGHTWORKS**" includes two parts. **Part One** is 8 weeks and is offered this fall (Sep–Nov). **Part Two** is 12 weeks and will be offered in the spring of 2022 (Feb–Apr). **Pre-Registration is Required.** For dates and times of this offering use the link below.

"LIGHTWORKS" Fees :

Part One: \$60 for materials and group sessions (shipping cost of \$12 if required).

Custom journal pages available - 8-week journal (\$15) or add journal pages to your book (\$10)

Part Two: \$90 for materials and group sessions (shipping cost of \$12 if required).

Custom journal pages available - 12-week journal (\$20) or add journal pages to your book (\$15)

To check times and register, go to <https://www.surveymonkey.com/r/5YWKPWW>

Registration deadline is Wednesday, 9/1/21.

Questions or additional information: Elizabeth Garrett, elizabeth@infinitelyrooted.com or 479-236-4011

Registration/Payment Form "LIGHTWORKS" Part One—Fall 2021

Note: If you have registered on line and are using this form to send in your payment you do not need to fill in your address information. Simply enter the amount you are paying for the items chosen along with your name and phone number.

Name: _____ Cell Phone: (_____) _____ - _____

Fees: Class \$60 + Full Journal \$15 or Journal Pages \$10 + Shipping \$12 = Total \$ _____

Zoom Group: _____

E-Mail: _____

Address: _____

Mail Payment to: Elizabeth Garrett, 1242 S. Maxwell Drive, Fayetteville, AR 72703