

# Join us for a **JOURNEY IN FAITH**

A Week of  
Guided Prayer  
**April 14-20**

**FREE**

## What is a Week of Guided Prayer?

A Guided Prayer Retreat is a retreat in the midst of daily life. The focus is to be attentive to God's activity in one's life through prayer. The underlying premise is that one of the ways God is interested in communicating with us is through prayer.

Rather than drawing apart from our normal agenda, a Guided Prayer Retreat helps us to centre on God in the midst of our regular activities.

"It is not easy under everyday schedules to learn and maintain the act of steadfast attention to God; yet no art could more closely serve God's purpose than this." ~ Evelyn Underhill

Taking part in a Guided Prayer Retreat affirms our intention to pray. It helps us practice a daily discipline of prayer.

**[CLICK HERE TO DOWNLOAD A REGISTRATION FORM](#)** or copies are available in the church lobby

Once you have registered, the organizer will recommend when to access the printable materials.

At that time, you may

**[DOWNLOAD THE RETREAT MATERIALS HERE.](#)**



**For details please contact Lynn Manning**  
lynnjmanning@gmail.com | 416.233.8130

*Humber Valley*  
UNITED CHURCH

