

Registration Form

Please fill out form & return it with your registration slip & cash or cheque

Name:

Contact Number:

Email:

Session Selection:

Please indicate which break out session you wish to attend by listing your options in order of preference (#1, #2, & #3)

Option 1:

ACTS as a Structure for Prayer - with Stan

Option 2:

Make Your Own Set of Anglican Beads & Learn How to Use Them - with Wanda

Option 3:

Self-directed Prayer - on your own

**Registration Deadline:
February 24**

About Dr. Wanda Malcolm

Dr. Wanda Malcolm is a registered psychotherapist with an interest in pastoral psychology.

What this means in plain English: she is interested in how faith and well-being connect. And prayer is one place where heart meets soul meets mind.

She also loves exploring prayer with creative art forms. She believes prayer is for everyone, and hopes you will discover at the retreat how playful and exciting prayer can be.



Parish Retreat

with Dr. Wanda Malcolm

Exploring Prayer: Wonderful Ways to Waste Time with God!

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MAR**

Join us for an affordable, all-day retreat right here at St. Paul's

Cost: \$15, including snacks and supplies

Lunch not included. Please bring your own bag lunch

Agenda

Time	Activity	Location
9:00 – 9:15	Registration	Narthex
9:15 – 9:30	Announcements, Introductions, Worship Song, and Prayer	Sanctuary
9:30 – 10:45	Session One: <i>Reading Scripture with Prayerful Imagination – with Wanda</i>	Sanctuary
10:45 – 11:00	Coffee Break	Parish Hall
11:00 – 12:00	Session Two: <i>Lectio Divina and a Meditation for the Hands (based on Mark 6) – with Wanda</i>	Parish Hall
12:00 – 12:30	Lunch	Parish Hall
12:30 – 12:40	Worship Songs	Parish Hall
12:40 – 1:30	Session Three: <i>Why Spend Time Exploring New Ways to Pray? – with Wanda</i>	Parish Hall
1:30 – 1:45	Transition Break	
1:45 – 2:45	Session Four: <i>Choose one of the following breakout groups: Option 1, 2, or 3.</i>	
2:45 – 3:00	Transition Break	
3:00 – 3:30	Informal Eucharist	Sanctuary

This is a day for exploring prayer in a relaxed atmosphere. Dr. Wanda Malcolm will be your guide, and we want to assure you that you will not be put on the spot at any time! You can hide in the background, or engage in conversation: there is no pressure.

If you are not a sit still and listen kind of person, do not fear: there are lots of moments for hands' on engagement. Dr. Wanda will offer enough guidance so that you can expect to learn something new, and enough creative work that we guarantee you will not be bored or feel "lectured" at.

This is the last year Dr. Wanda came make the trek to Pickering -so don't miss out!

To register fill out the registration form and submit it with cheque or cash. Indicate your first & second choice for breakout groups.

Breakout Groups

Option 1: Explore ACTS Prayer with Stan.

Stan will introduce you to ways to go deeper in any or all four stages of the ACTS model, using your imagination and scripture while praying, creating a prayer cycle for the things you want to pray for regularly, and how to incorporate music into your prayer time. As a group you will create a corporate prayer for SPOH's 100th anniversary celebration.

Option 2: Make Anglican Prayer beads and Learn how to use them.

Did you know that there is such a thing as Anglican Prayer beads? This option is as described - you will make the beads, and Dr. Wanda will show you how to use them. If this is a style of prayer you are curious about, this breakout group may be for you.

Option 3: Self Directed Prayer

At this station, Dr. Wanda will set up many different prayer tools and resources for you to explore. There will be finger labyrinths, guides for Prayer Walks, guided prayer exercises etc. This station is good for people who want freedom to try a variety of prayer exercises, spend private time with God, or get up and walk and have a break from sitting.

