



# St. Andrew's Episcopal Church

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## THE PRACTICE OF PRAYER

*A journey through a myriad of prayer practices to draw us closer to God*

### Book Resources

*The Practice of Prayer* by Margaret Guenther

*Book of Common Prayer 1979 (BCP)*

- You can order a physical copy of *The Practice of Prayer* here:  
<https://episcopalshoppe.com/the-practice-of-prayer-by-margaret-guenther/>
- You can get a Kindle version of *The Practice of Prayer* here:  
[https://www.amazon.com/Practice-Prayer-Margaret-Guenther-ebook/dp/B009LP1KJK/ref=tmm\\_kin\\_swatch\\_0?\\_encoding=UTF8&qid=&sr=](https://www.amazon.com/Practice-Prayer-Margaret-Guenther-ebook/dp/B009LP1KJK/ref=tmm_kin_swatch_0?_encoding=UTF8&qid=&sr=)
- If you do not have a personal BCP, we highly suggest you get one. This is a staple of who we are as Episcopalians—the way we pray shapes how we believe (our theology) and our BCP is a rich and wonderful resource of prayer for us. You can find an online version of the BCP here: <https://www.bcponline.org/>

### Assignments and Meeting Info

- **Reading assignments are due the week they are listed under.** These assignments are for the enrichment of your personal prayer life, so we're not grading you or keeping track. If you read them, it will be helpful for you personally, as well as be useful in engaging in group discussion. It's up to you—you will get out of it what you put into it 😊
- **We will meet via Zoom each Wednesday @ 6:30 pm.** Fr. Rich will give you the Zoom info via email.

### WEEK 1 – April 22

- Today's practice is: *The Daily Office and Devotions in The Book of Common Prayer* - Led by Fr. Rich
- **Reading assignment due:** The Daily Office (in the BCP), pages 36-146, especially pgs. 74, 108, 136, and *Additional Directions* 141-143; *The Practice of Prayer*—Chapter 1: An Intro to Spirituality; Resources, pp. 201-206; Questions for Chapter 1 on page 207.
- Pray about if you would like to learn how to lead Morning or Evening prayer, as anyone can lead the Daily Office—you do not need to be a priest to do it.

## WEEK 2 – April 29

- Today's practice is: *Creating a Mandala* –Led by Mo. Danée
- Have paper and pens/crayons/craypas/markers handy for creating a mandala.
- **Reading assignment due:** Chapter 2: Prayer as Conversation; Questions for Chapter 2 on pages 207-208. Chapter 3: Varieties of Prayer; Questions for Chapter 3 on page 208.
- **Optional assignment:** Chapter 7: Parenting and Prayer; Questions for Chapter 7 on page 210.

## WEEK 3 – May 6

- Today's practice is: *Experiencing the Labyrinth* – Led by Donna Hawkins.
- **Reading assignment due:** Chapter 4: Prayer through the Centuries; Questions on pages 208-209. Chapter 5: Practices of Prayer; Questions on page 209.

## WEEK 4 – May 13

- Today's practice is: *Praying with Our Bodies* – Led by Rachel Bass Guennewig
- **Reading assignment due:** Chapter 6: Finding God in the Ordinary; Questions for Chapter 6 on page 210. Chapter 8: Learning Simplicity; Questions for Chapter 8 on pages 210-211.

## WEEK 5 – May 20

- Today's practice is: *Spiritual Exercises of St. Ignatius (simple examen)* – Led by Theresa Newell
- **Reading assignment due:** Chapter 9: Prayer through Desolation; Questions for Chapter 9 on page 211.

## WEEK 6 – May 27

- Today's practice is: *Prayer Styles Self-Assessment* – Led by Fr. Rich and Mo. Danée
- A handout of Prayer Styles Self-Assessment will be made available to you.
- **Reading assignment due:** Prayer Style questionnaire; Chapter 10: Praying in Community; Questions for Chapter 10 on pages 211-212.