

ONLINE PARISH LENTEN COURSE

HOW TO PRAY: A SIMPLE GUIDE FOR NORMAL PEOPLE

This year 2021 we will try to run our Parish Lenten Course ONLINE. It will be an 8 week course from the beginning of Lent to Easter Week. Each week you will

- watch a video online
- read a chapter of a book - HOW TO PRAY by Pete Greig
- if you wish, join a ZOOM parish discussion group at 8pm
The ZOOM meetings (30-45 mins) will be from Thursday 18th February – Thursday 8th April with the exception of Holy Week, which will be Tuesday 30th March 8pm
- and hopefully pray!

The course will be based on a book which has an accompanying set of videos, easily accessible online. The book is called HOW TO PRAY: A SIMPLE GUIDE FOR NORMAL PEOPLE by Pete Greig. It is easy to read with straightforward language. You can follow the course yourself by watching the videos and reading the book (a chapter a week) but can also join a parish discussion group via ZOOM if you know how to use it.

WHAT DO I NEED TO DO?

1. Buy the book yourself from Amazon UK or download the Kindle Edition. Do this as soon as possible. At present the book is on sale £10.40 with free delivery and the Kindle Edition is £3.99.
2. To watch the videos, google search for 'prayercourse.org' and click on '*View Sessions*'. You will see there a video for each of the 8 weeks. Each video lasts approximately 20-25 minutes.
3. If you wish to join the ZOOM discussion groups email the parish office - stmarysoth@downandconnor.org - stating ' I WISH TO JOIN THE ZOOM DISCUSSION GROUPS FOR THE PARISH LENTEN COURSE'. The parish will send you an email a few days before the ZOOM meeting inviting you to join. If you are not familiar with ZOOM try to get someone who is to give you a quick lesson beforehand (or search for a lesson on YOUTUBE).
4. Follow the timetable outlined below or, if you wish, work away at your own pace and time.



THE TIMETABLE

- A. When you get the book or download the Kindle Edition, read the introductory chapters 1 & 2 as soon as possible.
- B. From the week starting Monday 15th February, follow the course weekly by watching the video and reading the corresponding chapter. These do not have to be done on the same day - unless you wish to! If you do these before the ZOOM meeting on the Thursday night you will probably have a lot more to share and get from the course. You have Monday, Tuesday and Wednesday to prepare. It might be beneficial to jot down a few thoughts for the discussion.

WEEK 1 Ash Wed Week	VIDEO 1	CHAPTER 3	ZOOM 8pm Thursday 18th February	Coming into the Presence of God
WEEK 2	VIDEO 2	CHAPTER 4	ZOOM 8pm Thursday 25th February	Adoration
WEEK 3	VIDEO 3	CHAPTER 5	ZOOM 8pm Thursday 4th March	Petition
WEEK 4	VIDEO 4	CHAPTER 6	ZOOM 8pm Thursday 11th March	Intercession
WEEK 5	VIDEO 5	CHAPTER 7	ZOOM 8pm Thursday 18th March	Unanswered Prayer
WEEK 6	VIDEO 6	CHAPTER 8	ZOOM 8pm Thursday 25th March	Contemplation
WEEK 7 Holy Week	VIDEO 7	CHAPTER 9	ZOOM 8pm Tuesday 30th March	Listening
WEEK 8 Easter Week	VIDEO 8	CHAPTER 10 & 11	ZOOM 8pm Thursday 8th April	'Spiritual Warfare'

Tuesday 30th March note the change of evening. This will be Holy Week and the Mass of the Lord's Supper will be celebrated on Thursday evening.