**Sample Closing Meeting Content (1a)**

**1. Welcome** (1 minute)

**2. Opening Prayer** (1 minute)

**3. Reflecting on the retreat – introduction** (2 +4 minutes)

• Everyone's experience during the retreat will have been his or her own unique experience.

• Whatever has happened, wherever you find yourself now, God is in it. The Lord has been – and is –

the companion on your journey and the journey goes on.

• We'll now have a few minutes in silent prayer reflecting on the retreat.

**4. Reflecting on the retreat – silent prayer** (4 minutes)

• What has been helpful? What has been difficult?

• What have been the growth points/learning points you would want to give thanks for and develop?

• Give thanks: for what you have received, what you have experienced...

• At the end of the time of reflection: write a word, or short phrase, on a post-it note that sums up the retreat for you. (Give out post-it notes.)

**5. Share with other retreatants in groups of 2 or 3** (10 minutes)

• Your experience of the retreat, based on the above reflections.

• The aim is to share as much or as little as you wish about the experience of the retreat.

• (Afterwards: put your post-it note on a table.)

• Note: retreatants share with other retreatants; prayer companions share with prayer companions in 2s – our own personal learning and growing during the retreat. [Note to prayer companions: this is not 'supervison' but about our own personal 'journey with Jesus' during the retreat.]

**6. Invitation to share in whole group** (10 minutes)

• Would anyone like to share something about their experience of the retreat (either what is on the post-itnote or something else)?

**7. After the retreat: what next?** (10 minutes)

• There will be a handout with some tips about prayer for the future.

• Continue to use methods of prayer that you have been working with during the retreat, including the prayer of silence, praying with Scripture, and imaginative prayer, the 'review of the day' prayer. Build on what you have found helpful.

• For those of you who don't have a format for daily scripture meditation and prayer, there are various sources of daily bible reading notes for this purpose.

• You might want to think of the possibility of finding others to meet with to use some of these ways of praying.

• An ecumenical organization called The Retreat Association publishes an annual magazine called Retreats, which gives details of retreat centres, retreats available and so on, as well as interesting

articles.

• If you enjoyed this retreat and found it worthwhile, would you consider the possibility of becoming aprayer companion yourself so that you can help others to enjoy this blessing? An organization called Manresa Link runs basic training courses for prayer companions and any of the prayer companions can put you in touch with them.

• Some of you might want to explore the possibility of seeking a spiritual director.

• Other helpful sources of guidance for daily prayer are the Sacred Space website

(www.sacredspace.ie) and the 'Pray-as-you-go' website (www.pray-as-you-go.org).

**8. Suggestions from retreatants and questions to prayer companions about 'what next?'** (10 minutes)

**9. Looking forward and moving on: prayer with a passage of Scripture** (10 minutes)

• (Note to person leading this meditation: use normal method for meditation on scripture, but with relatively few words, leaving time and space for individual's own reflection on the scripture.)

• Someone read the passage aloud for us...

• Continue to read the passage to yourself; pause at words that particularly strike you or draw you.

• If it helps you might like to imagine yourself in the scene...

• (Near the end of the ten minutes, thinking of what has spoken to us from the scripture and how we have been touched, invite us – in prayer – to make our own offering of ourselves to God as we go on after the retreat.)

**10. Give out handouts:** Tips for the future, Reflections at the end of the retreat, Feedback form

**11. Closing prayer of thanksgiving and the Grace** (1 minute)