



EMMAUS PROGRAMME SESSION 2

READING

As you read notice what draws you, moves you, opens you up and also what irritates, confuses or bores you.

- **Thomas Hart** – The Art of Christian Listening
- **A short biography of St Ignatius of Loyola from the New Orleans Province of the Jesuits** <http://norprov.org/spirituality/lifeofignatius.htm>

RESOURCES FOR PRAYER

With the long break until the next session in September, the summer is a good time to experiment with different ways of praying.

Try methods that you are not familiar with as well as those you know well. If possible make some notes – paying attention to ‘movement and countermovement’ during your prayer.

- Handout on different ways of praying
- <http://www.pray-as-you-go.org/home/>
Download audio files for daily prayer
- <http://www.sacredspace.ie/>
Praying at the computer
- <http://www.ignatianspirituality.com/ignatian-prayer/the-spiritual-exercises/an-ignatian-prayer-adventure/>
An 8 week retreat in daily life based on the Spiritual Exercises