

Programme Schedule

Sunday July 13 – Sunday Evening – Arrival

5 :00pm - Registration Opens

5:30pm **Session 1 – Praying under Saint Teresa’s Guidance**. We begin the summer school with a reflection on how and why intimate conversation with God transcends selfish demands for this or that favor and grants us the grace to accept life’s joys and sorrows as divinely directed guidelines for our faith journey.

6:30pm Supper

8:00pm Night Praise

July 14 – Monday – Day 1 –

9 :00am **Session 2** – Session begins with Contemplative Scripture followed by **Teresa’s Teaching on the Practice of Unceasing Prayer**. Saint Teresa assures us that ceaseless prayer has to be the centre of our lives because it frees us from egocentricity and heightens our fidelity to God’s will.

9:45am Break

10:00am **Session 3 – Four Degrees of Prayer**. With Saint Teresa we meditate on the four ways of watering our garden as the means by which we can progress in the life of prayer, thanks to the loving solicitude of our Beloved.

11:00am **Excursion: Visit to the Holy Door as Pilgrims of Hope**

4:00pm Session 4 – **Strengthening Our Bond of Friendship with God**. To keep the fire of intimacy with our Beloved burning brightly, we need to follow, with Teresa at our side, the path from earth to heaven mapped out for us in the Lord’s Prayer.

5:00pm Break

5:30pm Vespers, Silent Prayer & Contemplative Eucharist

6:30pm Supper
8:00pm Night Praise

July 15 – Tuesday – Day 2 –

9:00am **Session 5** – Session begins with Contemplative Scripture followed by **Advancing in Christian Perfection**. To embody the divinely initiated directives the Lord asks of us moves us from seeing prayer as a practice reserved for special occasions to following Teresa's advice that prayer is as integral to our spiritual life as the air we breathe is to our physical well-being.

9:45am Break

10:00am **Session 6 – Mining the Deepest Meaning of the Lord's Prayer**. Teresa's union with God enabled her to discern the depth dimensions of each petition expressed in the Lord's Prayer. How privileged we are to mine its deepest meaning with her at our side!

11:00am **Excursion: Littlemore (Saint John Henry Newman)**

4:00pm **Session 7 – Seven Steps Pertaining to the Practice of Ceaseless Prayer**. With Teresa's help, we will delve into several essential steps toward growth in discipleship, including how to let go of the illusion of perfectionism and find the best ways to be perfected in Christ Jesus, our Lord.

5:00pm Break

5:30pm Vespers, Silent Prayer & Contemplative Eucharist

6:30pm Supper

8:00pm Night Praise

July 16 – Wednesday – Day 3 –

9:00am **Session 8** – Session begins with Contemplative Scripture followed by **Praying as Jesus Taught Us in Consolation and Desolation**.

Becoming recollected in Christ lays the surest foundation for a life lived in charity, detachment, and humility in consolation and desolation.

9:45am Break

10:00am **Session 9 – Inner Quietening in Response to God’s Grace**. To enjoy this supernatural favor, we must concur with Teresa’s counsel to rest in Christ as Mary did and to immerse ourselves with Martha in whatever service he asks of us.

10:45am Break

11:00am Mass of the Solemnity of Our Lady of Mount Carmel

Barbecue Lunch and Free Outing Day in Oxford

July 17 – Thursday – Day 4 –

9 :00am **Session 10 – –** Session begins with Contemplative Scripture followed by **What It Really Means to Say *Fiat Voluntas Tua***. We learn from Teresa that the more we die to self, the more we live in Jesus. The prayer he taught us must move from our lips, through our mind, and deep into our heart in obedience to the divine directives we receive.

9:45am Break

10:00am **Session 11 – What, Then, Must We Do to Be and Become Another Christ?**. Teresa guides us to conclude that the freedom of the children of God can only be ours when we model our lives on the example of Christ’s total surrender to the Father’s will. To become “other Christ’s” is to place all our trust in the Trinity and never waver in our pursuit of pure faith, unwavering hope, and selfless love.

10:40am Plenary

11:00am Departures