

THE COURSE WILL COVER:

- I. Personal development and discipleship
- II. Practical contemplative listening skills of the spiritual director
- III. Spiritual discernment and decision making
- IV. Basic understanding of human development and the recognition of different life transition stages on the way, to include specialist areas such as bereavement and loss; fear, anger and doubt; the dying; masculine/feminine spirituality
- V. Psycho-spiritual themes such as The Dark Night of the Soul and depression, patterns of spiritual growth, images of God and self, working with the Shadow in the spiritual life, and dreams
- VI. An experience of the ways of prayer developed from differing Christian traditions
- VII. Use of creative arts in spiritual directing
- VIII. Ethics and good practice involved in the process of spiritual directing

THE COURSE TEAM:

The ecumenical Gloucestershire spiritual direction course has been running for over 20 years. The current course team is drawn from a wide range of traditions including Quakerism, Church of England and Roman Catholicism, and many guest speakers support the course from a wide variety of Christian backgrounds and traditions.

ENQUIRIES & APPLICATIONS:

If you have any enquiries, please do visit

www.spiritualdirectionglos.org.uk

or contact our administrator

Ann Morris at companionsway@gmail.com

Tel: 07541 667090.

Application forms will be available from our administrator or to download from our website and must be returned by **31st**

October 2021.

Applicants will be invited to provide references and talk to members of the course team via Zoom about the appropriateness of this course for them at this time.

Please note, in keeping with the deep listening of the practice of spiritual direction, each course is unique and responds to the needs of the group as a whole.

A Companion's Way The Gloucestershire Course in Spiritual Direction



**A TWO-YEAR COURSE
STARTING
FEBRUARY 2022**

Supporting the work of spiritual direction
in Gloucestershire as part of
The Gloucestershire Spiritual Direction Trust
(Registered charity no.1187445).

www.spiritualdirectionglos.org.uk

MIGHT THIS BE FOR YOU?

- ❖ Do others come to share with you their hopes and fears about their faith
- ❖ Have you felt that God may be calling you to 'companion' others in this way?
- ❖ Have you considered whether training might develop your gifts?

WHO?

The course is open to Christians of any denomination (clergy and lay). Those seeking a place should:

- ❖ Be someone who finds others turn naturally to them
- ❖ Be mature and stable in their Christian faith (this does not mean without questions and challenges!)
- ❖ Have a spiritual guide (we can help you find someone suitable if necessary)
- ❖ Have knowledge of the scriptures and traditions of Christianity

AIMS OF THE COURSE:

- ❖ To encourage giftedness and offer practical training in the skills and art of spiritual direction
- ❖ To nurture your own spiritual life
- ❖ To develop an appreciation and knowledge of the wide variety of Christian spiritualities
- ❖ To broaden understanding and experience of differing traditions of prayer

WHEN & HOW?

We are now running a 2 year 'blended' course to allow greater access to training. This consists of 2 semesters a year of teaching and experiential sessions on Zoom, with residential weekends and face to face workshop days.

Year 1 :

Semester 1 will start with an **Introductory Residential Weekend** from late afternoon on the **5th February 2022** until after lunch on the **7th February**. The semester will then run on 6 Wednesdays from **9th February - 11th May**.

A **Workshop Day** will follow on **June 15th**.

Semester 2 will begin with a residential **Individually Guided Retreat 9th - 11th September**.

Then 6 Wednesdays on Zoom from **14th September – 23rd November 2022**.

Year 2 :

Semester 3 will begin with a **workshop** over the weekend of **February 4th - 5th 2023** with 6 Wednesdays on Zoom from **February 8th - May 10th**.

A **Workshop Day** will follow on **Saturday June 3rd**.

Semester 4 will begin with a workshop day on **September 6th** followed by 6 Wednesdays on Zoom from **September 13th – November 22nd**.

The final course day will be on **December 2nd 2023**.

Please see our website or contact our administrator for more detailed information on dates.

COST:

The fee for the course will be **£400** per semester. This includes the cost of the residential weekends and workshop days. Financial assistance may be available, but students are encouraged to explore potential funding from their spiritual community or church, charities that provide funding (we can advise) or employer who supports the application.