

Inspire

Foundation Course in Christian
Spirituality & Spiritual Direction
2009/10



Aim

To provide an opportunity for course members to grow in spirituality and personal development. Through shared experience participants will be challenged to a deeper awareness and effectiveness in their walk with God and relationships with others.

The sense of a close & deepening relationship with God is at the core of the course

Who is the course for?

Christians of all traditions who:

- have a thirst for God and wish to explore and discover more about prayer and spiritual traditions
- are open to insights and approaches other than those of their own denomination or churchmanship to date and/or
- have already begun to find that people come to them to talk about prayer, God, faith or the spiritual life and/or
- are beginning to explore a sense of vocation to the ministry of accompanying others on their spiritual journeys



The course constantly keeps you on your toes. It challenges & surprises you every week.

What does it cover?

The course is in three parts.

Part A can be done as a stand-alone unit, with the option of doing Part B.

Part C can be done only by those who have completed both Parts A and B.

Part A: Christian Spirituality

Autumn 2009/Spring 2010

20 evenings plus 4 Saturdays over two terms, covering:

- prayer experience, input and opportunity for reflection each evening
- experience of different approaches to prayer
- input from the course facilitators & guest speakers introducing the history of spirituality & spiritual traditions, e.g. Benedictine, Franciscan, Celtic, Ignatian, Evangelical
- exploring images of God, images of self, contemporary spiritualities



- sharing experience in a variety of small groups
- individual support from a mentor who is one of the course facilitators
- advice on reading, reflection, journalling and prayer in between sessions

Part B: Week of Accompanied Prayer April 2010

Open to those who have completed Part A.
An opportunity to reflect on our relationship with God through dedicated times of prayer each day, meeting as a group at the start and end of the week; during the week meeting daily one-to-one with a prayer guide to review what is happening.



Part C: Christian Spiritual Direction Summer 2010

Open to those who have completed Parts A and B.

10 evenings plus two Saturdays during the term, covering:

- practical exercises to help develop skills in listening, accompanying and discerning
- exploring aspects such as:
 - what is spiritual direction?
 - personal spirituality
 - faith stages
 - models of faith development
 - different models of accompanying
 - boundaries
 - confidentiality
 - supervision
- support from a



mentor who will be one of the course facilitators

It's been a real privilege to hear what others have been going through, & some have shared things that they have found quite hard. But it is a safe environment because of the confidentiality.

Is this for me?

It may be if you:

- are developing self-awareness —knowing the importance of balance between being and doing
- are willing to take the risk of working with and disclosing your own experience within the confidentiality of the group
- are committed to attend the whole of each part of the course for which you are accepted
- are able to give time in between sessions for reflection, prayer and reading

Where?

Cathedral House
St Thomas's Street
Portsmouth
PO1 2HA



Note: Help with parking is being investigated: transport to and from the ferry can be arranged for those coming from the IOW

When?

Autumn term 2009

Tuesdays: 6th October - 15th December: 7.00pm-9.30pm
(excl. half term 27th October)

Saturdays: 31st October and 28th November
9.00am-2.00pm including 12.00-12.30 in St Thomas's Cathedral

Spring term 2010

Tuesdays: 12th January - 23rd March: 7.00pm-9.30pm
(excl. half term 16th February)

Saturdays: 6th February and 6th March: 9.00am-2.00pm

Week of Accompanied Prayer-April/May 2010

- Sunday 25th April—2.00pm-5.00pm, Cathedral House
- Then half an hour daily with a prayer guide by arrangement
- Saturday 1st May-9.30am - 12.00pm, St Thomas's Cathedral

Summer term 2010

Tuesdays: 4th May - 13th July : 7.00pm-9.30pm
(excl. half term 1st June)

Saturdays: 15th May and 12th June: 9.00am-2.00pm

Cost

Part A only £200
Parts A & B £250
Full course £350

...every week has been significant and part of a journey with God & towards God.

This can be paid in termly instalments in advance. Some bursaries may be available.

How do I apply?

Please contact:



Mrs. Kay Lancaster
First Floor
Peninsular House
Portsmouth
PO2 8HB

Tel: 023 9289 9656

kay.lancaster@portsmouth.anglican.org

Completed application forms to be returned no later than Saturday 20th June 2009

There are 30 places on the course. They will be offered following the taking up of references and interviews 1 - 8 July 2009

