

Inspire

Foundation Course in Christian Spirituality 2017/18



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 discipline of keeping a spiritual journal for regular reflection on the ongoing journey with God is an important part of the commitment to the course.

An introduction to listening will help participants discern whether it is right to move on to the *Engage* course for training as a spiritual director.

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

Inspire is intended as a stand-alone course for anyone interested in prayer and spirituality. But some, who have already begun to find that people come to them to talk about prayer or the spiritual life, will wish to use *Inspire* to help them decide whether or not to apply for *Engage*, the spiritual direction training course that will begin in September 2018.

What does it cover?

The Course consists of 30 evenings over three terms plus a week of accompanied prayer, Sunday 22nd to Saturday 28th April, where you will need to attend every day.



I was expecting that God would take me on a journey with himself but not how far into myself he would take me.

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

A retreat in daily life Week of Accompanied Prayer (April 2018)

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.



This is an essential part of the course and forms the climax of the reflection process.

This *Inspire* course has blown me apart in many ways and yet held me.

Is this course 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 the course
- already have a spiritual director or can begin seeing a director before the course begins (for help with this contact
after January 10th: ruth.tuschling@portsmouth.anglican.org
Before January 10th: max.millett@ntlworld.com)
- are able to give time in between sessions for reflection, prayer and reading

Where?

Cathedral House
St Thomas's Street
Portsmouth
PO1 2HA

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.

How can I find out more?

There will be a 'taster' session on Saturday 13th May 2017, 9.30 for 10.00 am in Cathedral House; The booking form for this is available from Patricia Gray at the email address overleaf.

Some of the *Inspire* course leaders will give a flavour of the range of subjects covered in the course.

How do I apply?

Application packs are available from Patricia Gray at the address overleaf. You will be asked to supply a reference from your parish priest. Interviews will take place in June 2017 and places allocated accordingly. Places are limited to 18.

Thanks for delivering the huge content of this course so ably and with bags of energy, humour and knowledge! I found it fascinating, mind-opening and heart challenging.

When?

Autumn term 2017

Tuesdays 19th September to 5th December,
7.00 pm – 9.30 pm
(half term break 24th October)

Spring term 2018

Tuesdays 9th January to 20th March, 7.00 pm- to 9.30 pm
(half term break 20th February)

Summer term 2018

Tuesdays 17th April to 3rd July, except in the Week of Accompanied Prayer
(half term break 29th May)

Week of Accompanied Prayer

- Sunday 22nd April 3.45 pm (tea) for 4.00 to 5.00 pm, Cathedral House
- Then half an hour each day Monday to Friday with a prayer guide, by arrangement to suit your schedule
- Saturday 28th April 11.00 am to 12.00 noon followed by bring & share lunch, St Thomas's Cathedral. *It is essential to attend every part of the week.*

What does it cost?

The cost will be £120.00 per term. This can be paid in termly instalments in advance. One or two bursaries may be available, depending on overall applicant numbers.

To apply, please contact:

The MDM administrator
First Floor, Peninsular House, Wharf Road,
Portsmouth PO2 8HB
Tel: 023 9289 9656
MDM@portsmouth.anglican.org

Completed application forms to be returned no later than Monday 5th June 2017.

I can't decide between this course and *Living Faith*

The Spirituality module on the *Living Faith* course (formerly *Exploring Christianity*) is an introduction to spirituality from a historical perspective and the main emphasis is on an intellectual grasp of the subject, with written work, although some personal engagement is also expected.

For *Inspire*, self-reflection, deepening of your awareness of God and willingness to grapple with difficult issues are the main focus of learning. No written work is expected.

