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 range of traditions including Quakerism, Church of England and Roman Catholicism, and guest speakers support the course from a wide variety of Christian backgrounds, traditions and professional experience.

Enquiries & Applications:

If you have any enquiries, please do visit www.spiritualdirectionglos.org.uk
or contact our administrator
Siobhan Smith companionsway@gmail.com
Tel: 01594 516287.
Application forms will be available from our administrator or to download from our website and must be returned by **31st October 2023.**
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 and **may be subject to change**.

A Companion's Way

The Gloucestershire Course in Spiritual Direction



A Two-Year Course Starting JANUARY 2024

Supporting the work of spiritual direction in Gloucestershire as part of 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: **Introductory Residential Weekend** from late afternoon on the **19th January 2024** until after lunch on the **21st January**. The semester will then run on 6 Wednesdays from **7th February - 8th May.**

A **Workshop Day** in person on **June 5th**.

Semester 2: Residential Individually Guided Retreat 6th - 8th September.

Then 6 Wednesdays on Zoom from **11th September – 6th November 2024.**
Workshop day on **Nov 20th** completes the semester.

Year 2:
Semester 3: Residential workshop weekend: **February 7th - 9th 2025** then 6 Wednesdays on Zoom from **February 12th - May 7th**.
A **Workshop Day** will follow on **Saturday June 7th**.

Semester 4: A workshop day on **September 10th** followed by 5 Wednesdays on Zoom from **September 24th – November 19th**.
The final course day will be on **December 3rd 2025**.
Please see our website or contact our administrator for more detailed information on dates.

Cost:

The fee for the course will be **£425** 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 an employer who supports the application.