

Some comments from participants on previous courses

'I have valued opening to new possibilities; a haven of calm; a creative and stimulating exploration of my relationship to God; listening openly in trust to other's experiences. Having space and time for connection in this way is like taking a deep breath of fresh air.'

'The course is a profound and deeply personal exploration of relationship with the Divine, whatever that means to you. This is a course where people of long deep faith and new explorers can share experience and open up to the next part of their journey. Highly recommended!'

'I found the course to be very gentle and welcoming, mirroring what the leaders taught about the love of God, learning through experience as much as 'given' knowledge.'

'I really valued the time and space to draw nearer to God and to explore different and creative ways of relating to Him. Attending the course has opened me to new possibilities and had a deep impact on my spiritual growth and wholeness'

'Not only is it invaluable for personal spiritual growth but I became aware of my level of 'development' in comparison to others. I really appreciated the small group settings where we were able to speak openly in a supportive and understanding environment. I learnt to recognise other peoples strengths and doubts within their faith lives and found joy in seeing others find a deeper and closer relationship with God, as it reflected my own.'

'The course has enabled me to look at and experience new ways of connecting with God and others, that are much gentler, truer and more loving than I have known before.'

'It enabled me to come closer to God and profoundly experience God's love'

'I can now walk into a greater freedom holding onto God in the power of the Spirit'

SPIRITUAL GROWTH AND TRANSFORMATION

February - July 2022



**A course to help you discover who you truly are
in Christ so that you can become who you are
called to be in creation**

Diocese of Sheffield

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Who is it for?

If any of the following statements or questions apply to you, then it's for you:

- Isn't there something more to faith and life?
- What will help me grow spiritually?
- I long to draw closer to God.
- Who am I called to become?
- I want to listen better.
- How can my faith deepen?
- Considering vocation to be a spiritual accompanier

What is the aim of the course?

This is an experiential rather than an academic course. It offers a process of prayer, listening and reflection through which participants are encouraged and enabled to draw closer to God. Through this, the transforming work of the Spirit deepens, gifts are revealed and a faithful response to the call of Christ can be made:

"And we..... are being transformed into his likeness" (2 Cor. 3:18)

The course is open to people of all denominations or none and stands alone, but also acts as Part 1 of the Art of Spiritual Accompaniment Course

What form does it take?

- We form small groups, as safe and sacred spaces. These spend significant periods of time in silence for prayer and reflection during the mornings. Through this we grow in our capacity to experience the Holy Spirit relating to us personally through a variety of approaches.
- Sharing in listening to something of what we have experienced in the time of prayer and reflection.
- Reflection in sharing groups on the whole process.
- Afternoons explore themes such as images of God, images of self, the spiritual journey, personal call and becoming participants in the divine nature (2 Peter 1:4)

What are the course requirements?

The most important requirement is that participants enter into the journey of this course, seeking deeper relationship with God and to grow in faith and develop skills listening to God, scripture, self and others.

Participants are expected to have a Spiritual Accompanier through the course (contact Karen Colley on 01709 309116/karen.colley@sheffield.anglican.org for assistance in finding someone suitable).

There are no academic or educational requirements.

Because of the nature of the work participants are expected to commit themselves to all sessions.

How much does it cost?

The full cost of the course is over £500, but it is being heavily subsidised by the Diocese in the short term, so this year we are able to offer the course for £200. This covers ten course days with lunch and a two-night full board residential retreat. The fee can be paid in 6 monthly instalments.

Please do not let cost prevent you from applying. There are various sources of support available to you, including grant funding from the Diocese of Sheffield for those unable to contribute to the cost. However, participants are encouraged to get their church and/or other supporting body to contribute to their fees.

When and where?

All sessions will be held at Whirlow Spirituality Centre at: The Chapel of the Holy Spirit, Whirlow Grange Drive, Sheffield S11 9RX

The dates, all in 2022, are:

24th February, 10th & 24th March, 7th April, 12th and 26th May, 9th and 23rd June, 7th and 21st July.

All the above are Thursdays and the time will be 9.45am to 4.30pm at the latest. The retreat will be held at St. Oswald's Community, Sleights, near Whitby on Friday 20th to Sunday 22nd May from 4pm to 4pm.

We are also hoping we may offer a version of the course on evenings and occasional Saturdays, perhaps later in the year, to be held in the Doncaster area. If this would be more suitable for you, please let us know as soon as possible.

Who's running it?

The course has been developed over a number of years by a small ecumenical team supported by the Bishop's Advisors in Spirituality. It is offered by the Diocese of Sheffield, but is open to anyone of any denomination or none.

How do I apply?

Fill in the enclosed application form and return it, after which you will be invited to an informal meeting with two of the course facilitators to help us discern together whether the course is what you are seeking.

The closing date is Monday 10th January 2022

Still not sure?

Contact Angie Lauener for an informal chat

Phone 0114 2362188

Email angielauener@me.com

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