



## A LIST OF TRAINING COURSES IN SPIRITUALITY/SPIRITUAL DIRECTION

This list is of training-courses in spirituality spiritual direction and retreat giving. The inclusion of courses does not imply any particular recognition or accreditation by the Retreat Association. All the courses are open to clergy, laity and religious, and ecumenical participation is welcomed. Usually there is a selection process, which is primarily intended to help applicants to clarify their aims, ministry, and timing. Where no specific dates are given for 2019–2020, or where the dates are past please contact the named person for the most up-to-date information. NB any unconfirmed information is shown in **blue** text.

### **Bath and Wells Diocese**

#### ***Exploring Christian Spirituality***

- Aim:** The one year course explores the variety of forms of Christian spirituality with particular attention to the rich history of different forms of Christian prayer. The course is experiential and designed to allow participants to practice different types of prayer and explore their own personal spiritual growth and self awareness. It is open to Christians of all denominations. We also develop listening skills, maintain support groups and help people to form a simple rule of life.
- Venue:** The Old Deanery, Wells.
- Times:** The next course begins September 2019. The one-year course meets approx. fortnightly during term times on Thursdays from 10am–3.30 pm. There is also a residential weekend.
- Cost:** £480 (termly payments £160) – this includes the residential weekend and all course materials.
- Contact:** Leonie Jones 01749 670 777 [leonie.jones@bathwells.anglican.org](mailto:leonie.jones@bathwells.anglican.org)  
<https://www.bathandwells.org.uk/ministry-for-mission/training/lay-training/explore-spirituality/>

#### ***Exploring Spiritual Accompaniment***

- Aim:** This one-year course aims to equip suitably gifted and experienced people to learn the basics of spiritual accompaniment/ direction. Previous study of Christian Spirituality, such as the Diocesan Exploring Christian Spirituality, is a prerequisite. The course develops listening skills, explores the Christian traditions of spiritual accompaniment and provides practical experience of directing in triads.
- Venue:** Wells, Somerset
- Times:** The next course begins September 2019. The course meets fortnightly during term times on Thursdays from 9.45am–3.30pm. There is a 24 hour residential element included in the price.
- Cost:** £480 – inclusive of the residential element and all course materials.
- Contact:** Leonie Jones 01749 670 777 [leonie.jones@bathwells.anglican.org](mailto:leonie.jones@bathwells.anglican.org)  
<https://www.bathandwells.org.uk/ministry-for-mission/training/lay-training/explore-spirituality/>

### **Bath**

#### ***Ministry of Spiritual Direction Workshops***

#### ***Coercion and Collusion and Spiritual Direction?***

- Aim:** The workshops will explore a number of themes including Spiritual Abuse (May), Emotional Abuse (Oct), Financial Abuse (Oct), Sexual Abuse (Oct)
- Venue:** Bath Central URC Grove Street Entrance, Bath BA2 6PJ.
- Times:** 15 May 2019 and 16 October 2019 10am–3.30pm.

Registered Charity No: 328746

Leaders: Sue Lloyd, Sue Henderson, Shirley Smith  
Apply: Via Sue Lloyd, closing date 29 April (for May workshop), 7 October (for October workshop)  
Cost: £30 per workshop  
Contact: Sue Lloyd, 0117 9866503, splloyd@blueyonder.co.uk

### **Berks, Bucks & Oxon**

#### ***Spiritual Direction: An Ecumenical Introductory Course run by the Spiritual Direction (SPIDIR) Network for Berks, Bucks and Oxon.***

Aim: To increase the skill and confidence of those who find others are turning to them for help on their spiritual journey. It does not lead to formal accreditation but participants with aptitude are encouraged to practise, to continue honing skills and to use supervision to support their work.

Content: An experience of different forms of prayer; experiential sessions exploring an aspect of spiritual direction including personal experience, role-play and directing/being directed in small groups; theological content including: biblical and theological perspectives, themes within Christian spirituality and spiritual direction, and issues concerned with human personality and growth.

Venue: Douai Abbey, Upper Woolhampton, Berkshire

Times: September 2018 – June 2019 (Tuesdays 10.30am–4pm, first meeting date 20/9/2016)

Cost: £795-£910 depending on numbers.

Contact: Sue Sheppy 01235 521092, susan.sheppy@btinternet.com, www.soulfriend.org.uk

#### ***Training for Supervisors:***

##### ***Supervision and reflective practice***

Aim: A course for experienced spiritual directors wishing to extend their practice to include the supervision of others, either as individuals or groups.

Content: Topics will include: Definitions and purpose of supervision, Tasks and skills of supervision, Models of supervision, Process of supervision, Contracting and ethical issues, Group and individual supervision, Opportunities to put skills into practice

Times: This course is held approximately every two years in the Berkshire, Buckinghamshire and Oxfordshire area depending on demand.

Contact: Lynette Harborne, 25 Elmdale Gardens, Princes Risborough, Bucks. HP27 0DL, 01844 343442/07977 422 456, lynette@innpact.co.uk

#### ***Watering the Garden – a refresher training opportunity for all exercising the ministry of Spiritual Direction***

Venue: Douai Abbey, Upper Woolhampton, Reading, Berks RG7 5TQ, 0118 971 5300

Times: 12, 19, and 26 November 2019 and 4, 11, and 25 February 2020

Contact: Angela Wills, angela.wills@btinternet.com or Beryl Maw, berylmaw@gmail.com, for further information and applications

### **Blackburn**

#### ***Exploring Faith Accompaniment (Spiritual Direction)***

Aim: This course offers the opportunity to experience listening to God and to one another, travelling together in a context where listening is by reflection and practice.

Content: The course includes exploring Christian traditions of spiritual accompaniment, developing discerning listening and exploring key themes of this ministry.

Apply: This course is particularly suitable if you find yourself drawn to listen to other people's faith journeys, sense a call to this ministry, want to continue your own prayer and faith journey and grow further in your ability to listen to God. Suitable for those already in ordained or lay ministry who would like to deepen their own prayer and listening skills.

Venue: Xaverian Mission Spirituality Centre, Fulwood, Preston (and residential weekend at Hying Monastery, Carnforth) Cost: £450 which includes days in Preston, a residential weekend and course materials.  
Dates: We hope to run this course again in 2021  
Tutors: Nick Mansfield, Patricia Impey, Hugh Kidd and Margaret Arrowsmith  
Contact: For more information and application form contact Canon Tricia Impey, patriciaimpey@btinternet.com, 01524 36617, Nick Mansfield, Nicknickthevic1@gmail.com

### ***Growing in Faith and Prayer***

Aim: This ecumenical course is the opportunity for participants to be nourished by the rich treasures of Christian spirituality and at the same time explore their own faith journey. It is experiential rather than academic.  
Content: Different ways of praying, the value of silence, new resources for spiritual growth  
Apply: The course is open to all who wish to deepen their experience of prayer and explore their journey with others.  
Dates: We hope to run this course again in 2020  
Venue: St Leonard's Church, Penwortham - NB dates may change for next course  
Contact: Canon Tricia Impey, patriciaimpey@btinternet.com, 01524 36617, Nick Mansfield, Nicknickthevic1@gmail.com

### **Bristol**

#### ***Bristol Diocese Spiritual Director Training Course 2019***

Aim: We are running a brief pilot course specifically aimed at people who have considerable pastoral experience and who may already in effect be acting as spiritual directors but have not had any formal training. There is an application process and potential participants need to have been seeing a spiritual director themselves for a minimum of 2 years. In the longer term we still envisage the possibility of a 2-year course but there would be a cost involved for those participating.)  
Content: 6 day-long sessions plus attendance at 2 other days which will be open to all spiritual directors on the Diocesan List (one of which will be on supervision). Each of the 6 sessions starts with a Eucharistic service (voluntary attendance), a prayer exercise, then input to encourage learning and discussion about various aspects of spirituality and spiritual direction, practical working in threes, a supervision, practical matters relating to spiritual direction, and the Examen. Discussion and questions are encouraged. The course is developing and is being designed to take into account the needs of this particular cohort.  
Venue: Currently held in a Bristol church.  
Cost: We are providing this course free of charge on the basis that if, following their participation and if accepted onto the Diocesan List, participants will take 2 to 3 directees.  
Contact: Revd Dr Minty Hull Araminta.hull@bristoldiocese.org

### **Cambridgeshire**

#### ***The Cambridgeshire Courses in Spiritual Direction***

##### ***The Art of Spiritual Direction***

Aim: To enable participants through prayer, reflection and study - to deepen their own Christian lives, to understand and practise discernment, to develop and use their gifts and skills to guide and accompany others in their faith journey.  
Venue: Venue: Cambridge  
Times: 27 Sessions: Mondays 11.00am – 3.45pm September to May. A residential weekend is an essential part of the course and included in the cost. Next course begins September 2018.



Cost: £850 per year payable termly.  
Contact: For details and application form, please contact The Course Administrator  
randall.janice@gmail.com  
If you prefer a hard copy please write to: CCSD Administrator, 17 Brackenbury  
Manor, Kay Hitch Way, Histon, Cambridge, CB24 9YY and enclose an A5-sized  
SAE

See cc-sd.net for information about other prayer courses and further training in spiritual direction  
provided by The Cambridgeshire Courses in Spiritual Direction

## Cheshire

### Diocese of Chester

#### *Spiritual Accompaniment Course*

Times: 11–12 October 2019 Discernment Retreat, 17–18 January 2020 Discernment Retreat, 7  
February and 14 March 2020 9.30am–4pm, Individually Guided Retreat 20–23 May  
2020.

Venue: Foxhill House.

Apply: Applicants should have a sense of calling to the ministry of Spiritual  
Accompaniment, should be receiving spiritual accompaniment themselves, offer  
commitment to the course, and demonstrate previous relevant learning e.g. from  
Foundations for Ministry Course or similar.

Contact: Rev Graham Greene, 01928 722151 graham.green@chester.anglican.org

## Cumbria Ecumenical Spirituality Group

Year 1: *Nourishing the Soul*: 9 sessions which introduce Christian spirituality through  
teaching and interaction, with a variety of prayer experiences woven throughout the  
day. Everyone is part of a small mentoring group, and is expected to keep their own  
journal. Topics usually include: Definitions of Spirituality, Wholeness and  
Integration, Rule & Rhythm of Life, Discernment, Using the Bible in  
prayer, Silence & Solitude, Creation & Creativity, Mindfulness & Embodied  
Spirituality, Desert & Wilderness.

Year 2: *Training in Spiritual Direction*: 10 sessions. The course consists of teaching and  
interactive learning along with practice in groups of three. Each person is placed in a  
mentoring group. Topics usually include: Foundations in Spiritual Direction, Using  
Scripture, Images of God & self, Religious & Community Life, Discernment &  
Mindfulness, Creativity, Discipleship & Difference, Desert & Dark  
Night, Change, Pain & Loss, Being a Spiritual Director. Keeping a journal is  
essential, not only for personal use but also to bring into the group sessions to share  
insights.

Times: 10am–4pm Saturday, monthly

Venue: Various

Cost: Varies from year to year

Note: Year 1 can be taken without any commitment to Year 2. However attending Year 1  
is normally a pre-requisite to taking Year 2.

Contact: Cumbria Ecumenical Spirituality Group (CESG) Administrator  
cesg@lunesdale.community NB changing to Alison Butland contact to follow

## Durham

### *Exploring Spiritual Accompaniment*

Aim: To set the foundations for accompanying others - based on the Ignatian tradition.

Venue: St Antony's Priory, Durham

Times: 18 Tuesdays and 2 weekends, beginning October 2019 ending June 2020

Contact: Ruth Grant, St Antony's Priory, 74 Claypath, Durham DH1 1QT, 0191 384 3747  
admin@stantonypriory.org; www.stantonypriory.org

## Derby



***There are no courses running at present but a future course is in development. For further details please contact:***

Revd. Richard Reade (Chair of the Diocesan Spirituality Group) richardreade@btinternet.com  
01629 581233 (From 26<sup>th</sup> March)

Revd. Nicky (Bishop's Chaplain & Co-ordinator of the Spiritual Director's list)  
nicky.fenton@derby.anglican.org 01332 486100

## **Essex**

### ***Course in Spiritual Direction***

- Aim:** For those engaged in a ministry of spiritual direction, prayer accompaniment or listening. The course will provide an opportunity for members to grow in spirituality and personal development. Through shared experience participants will be challenged to deeper awareness and effectiveness as they help others discover what God is doing in their lives.
- Venue:** The Diocesan House of Retreat, Pleshey.
- Times:** The courses run on an 18-month cycle. The next course will run from September 2019 to March 2021. It includes 3 residential periods and 14 whole days.  
Residentials: 17–19 September 2019: 15–16 January 2020: 15–17 September 2019  
Course days are usually first Thursday of each month (9.30am–4pm)
- Leaders:** Valerie Thompson (CofE), Lynsey Heslegrave (Baptist), Graham Dowling (CofE), Jacke Sams (CofE), Clive Russell (CofE)  
Consultant to the Group Revd Philip Banks.(Canon Precentor St Edmunds Cathedral Bury St Edmunds), Ann Coleman (Spiritual Direction Co-ordinator, Chelmsford Diocese and Trustee of the London Centre for Spiritual Direction)
- Apply:** All applications to be completed and returned by 15 March 2019. persons.
- Cost:** Total fee is £1,200. A deposit of £200 required. The course may be paid for in full or in 20 monthly instalments of £50.00 by direct debit. Fees include all accommodation, food and refreshments
- Contact:** For details and application forms contact: Valerie Thompson, 0208 590 0813, valmrst@hotmail.com

## **Exeter Diocese**

***Exploring Christian Spirituality and Spiritual Accompaniment – offered under the auspices of the Exeter Diocese to members of any Christian church. (September 2019 – July 2021)***

- Aims:** The first year will explore prayer and spirituality through the wisdom and traditions of the Christian Church. It would be valuable for anyone who is involved or wishes to be involved in developing the spiritual life of their church community.  
For those who feel called to the ministry of spiritual accompaniment, there will be an option to continue to the second year, This will explore further the nature of the spiritual journey and the process of accompaniment
- Venue:** In Exeter – one Tuesday per month(10am–3.30pm) excluding August. Each year will include a 24-hour residential retreat.
- Cost:** £80 per term. Limited bursaries available.
- Leaders:** Michael Rogers, Mrs Judy Friend and Preb Graham Stones.
- Contact:** For further details, contact Michael Rogers: exploring.spirituality@exeter.anglican.org

## **Gloucestershire**

***A Companion's Way: An Introduction to Spiritual Direction.  
An ecumenical course supported by The Spirituality Network for Gloucestershire in association with Gloucestershire Churches Together***

**Location:** Gloucestershire



- Aim: To enhance the natural gifts of those who find others turn to them for accompaniment on their Christian journey and who feel called to this ministry.
- Dates: The next course will begin with an Introductory Day in September 2020  
After 20 years, the course is currently being revised and we will be posting updates on our website. If you'd like to register your interest, do contact us.  
<http://www.spiritualdirectionglos.org.uk/> or contact [gisdcourse@gmail.com](mailto:gisdcourse@gmail.com)

## **Bedfordshire, Hertfordshire, North London**

### **St Albans Diocese**

#### ***Holy Listening – A Training Course for Spiritual Direction (Diocese of St Albans)***

- Aim: To equip with necessary skills and competencies those who have discerned a calling to offer the ministry of Spiritual Direction. The course is ecumenical, open to lay and ordained. Maximum number 18. Those participating will be expected to be seeing a spiritual director, and to have seen them for a minimum of at least 3 sessions before 'selection' as well as be committed to attending all Sessions of the course.
- Venue: St Albans
- Dates: The Course is run every three years, new course likely for 2020.
- Cost: circa £250 per year.
- Details: Sessions will include the teaching of theory and practice relating to Spiritual Direction. Learning will be both experiential and more formal with opportunities provided for personal reflection. The art of listening will be developed in addition to a range of tools for use in this particular ministry.
- Contact: For enquiries about the next course Contact Deborah on 01923 772627  
[psrgchair@stalbans.anglican.org](mailto:psrgchair@stalbans.anglican.org)

## ***Kent***

### ***Canterbury & Rochester Dioceses Programme for Spiritual Accompaniment***

- Overview: The course is co-ordinated and planned by Chris Dench, Susanne Carlsson and Peter Ingrams. Year 1 is a general introductory introduction to Spirituality and Spiritual Accompaniment. Year 2 is concerned with vocational formation for spiritual accompaniment. Entry to year 2 is dependent on the completion of year one and faculty decision.
- Aim: To develop reflective practitioners in the accompaniment of others, aware that we are members of a community of practice to whom we are accountable in exercising the ministry.
- Venue: St Benedict's Centre, 52 Swan Street, West Malling, ME19 6JK
- Times: Saturdays 9am–4pm.
- Costs: To be confirmed
- Contact: The next course will begin in 2020 and information will be available in autumn 2019. To register an interest email Sarah Lucas [SLucas@diocant.org](mailto:SLucas@diocant.org)

### ***Ecumenical Training Programme in Spiritual Direction At Aylesford Priory, Kent***

- Aim: Our aim is to offer the opportunity to train as a Spiritual Director in a rich multi-layered programme which is a practical, academic, experiential and a training programme for anyone seeking to deepen their own spiritual journey and develop their talents and giftedness in accompaniment. The course is based in both the Franciscan and Carmelite traditions. This course is ecumenical and run by the Carmelite community of England and Wales.
- Venue: The Friars, Aylesford, Kent. ME20 7BX.

- Dates:** This is a one year part time course held on 12 Saturdays and 3 Fridays starting in September each year and ending in July.
- Cost:** 2019 - £1,650 this includes all meals during the course and overnight accommodation on the Fridays.
- Contact:** For more information please contact Marie Mann at [tpsdlaylesford@gmail.com](mailto:tpsdlaylesford@gmail.com) or visit [www.spiritualdirectionaylesford.co.uk](http://www.spiritualdirectionaylesford.co.uk)

## **Leicestershire**

### ***Training in Spiritual Direction – Holy Listening (Launde Abbey)***

- Aim:** The course covers aspects of Christian Spirituality and how we create and hold the space & relationship which enable a person to hear God speaking to and through life. Some formal teaching, but learning will have a large experiential element with participants sharing and working with their own concerns and experiences throughout the course.
- Venue:** Launde Abbey, East Norton, Leicester Leicestershire LE7 9XB
- Times:** Holy Listening 2019 – 2021. One Friday per month, 9.45am–4pm plus 3 48-hour residential
- Cost:** £876.00 per year which includes all residential costs and a light lunch on the Fridays (Total £1752.00). Applications to be in by April 12<sup>th</sup> 2019. Interviews will be held on 17<sup>th</sup> & 18<sup>th</sup> May 2019. 16 places are available. Applicants from the Dioceses of Peterborough and Leicester will receive a subsidy of £200 per year.
- Leaders:** Sr Rachel Overton (Adviser in Spirituality, Peterborough Diocese), Ven David Newman (Warden, Launde Abbey) Canon Helen Newman (Chaplain, Launde Abbey) with Rev Nick Swanson (Baptist Minister)  
The course re-starts in September 2019. Details can be found on the Launde Abbey website: [www.laundeabbey.org.uk](http://www.laundeabbey.org.uk)

## **Lincoln**

### ***Sharing the way***

- Overview:** The course is introduced at a one evening introduction to Spiritual Direction event. From this people are invited to interview for the full course This takes place over 18 months. Part 1 consists of 8 sessions (9 half day, 2 full days) In this we explore models of direction, listening skills, tools for spiritual direction, boundaries and diocesan policies. On completion of this those who wish to go further are invited to a discernment panel interview and may then be placed with a mentor for 12 months during which time they will also attend supervision groups and undertake observed praxis sessions
- Venue:** San Damiano convent, Metheringham and retreat centres around the dioceses
- Times:** Tuesdays usually (7–9.00pm) Full days (10am–4pm)
- Cost:** Free – travel expenses may be claimed
- Contact:** Course director Canon Fr Stephen Hoy, 01243 786374, 0794 371 5279  
[Stephenhoy39@gmail.com](mailto:Stephenhoy39@gmail.com)

### ***Liverpool Diocese Spiritual Direction training course***

- Aim:** The course offers a variety of experiences that will be part of each participant's spiritual journey. Designed to be experiential, the intention is to enable in the participants the growth and development of appropriate inner awareness, gifts and insights, for the ministry of listening to others and of Spiritual Direction.
- Dates:** Dates for the next course TBC.
- Contact:** Rev Dawn Harrison [dawnmharrison@hotmail.co.uk](mailto:dawnmharrison@hotmail.co.uk), 077863 65193

## London

### ***Encounter - The London Course in Spiritual Direction:***

- Overview: A formation programme for a new generation of spiritual directors. A 3-year course, sessions take place on weekday evenings. We welcome applications for entry in October 2019.
- Venue: London Centre for Spirituality, Church of St Edmund the King, Lombard Street, EC3. (Tube: Bank)
- Times: Course starts week beginning 1 October 2019. Year One runs on Tuesday evenings, Year Two on Wednesday evenings and Year Three on Thursday evenings.
- Contact: Course Administrator, (Encounter) [kathy.redington@lcsd.org.uk](mailto:kathy.redington@lcsd.org.uk)  
<https://www.lcsd.org.uk/encounter/>

### ***Ignatian Spirituality Course for Experienced Spiritual Directors (Top-up Course) – 1 year course***

- Aims: This one-year course aims to form participants in giving the Spiritual Exercises of St Ignatius of Loyola. This course is considered as Continued Professional Development and is for people already trained in spiritual direction. The course may also be suitable for previous graduates from our 3 year Ignatian training as a way to refresh their ability in giving the Exercises.
- Venue: The Church of St Edmund the King, Lombard Street, EC3V 9EA.
- Times: The 1-year course (next course beginning October 2019) is held Wednesdays 11am-4pm during term time.
- Contact: This course is being offered in 2019, applications currently accepted. For more information, please contact the Administrator, ISC, The Church of St Edmund the King, Lombard Street, London EC3V 9EA, 020 7623 6970, [info@artsd.org.uk](mailto:info@artsd.org.uk), [www.artsd.org.uk](http://www.artsd.org.uk)

### ***Ignatian Spirituality Course – The Art of Spiritual Direction***

- Aims: Formation and training in spiritual direction based on the Spiritual Exercises of St Ignatius of Loyola. Its purpose is to form participants in the art of Spiritual Direction and equip them to give the Spiritual Exercises in their various forms. It is an ecumenical Christian course led by experienced staff and is open to people of goodwill from all faith traditions.
- Venue: The Church of St Edmund the King, Lombard Street, EC3V 9EA.
- Times: The 3-year course is held one week day per week during term time, 11am-4pm.
- Contact: Administrator, ISC, The Church of St Edmund the King, Lombard Street, London EC3V9EA, 02076236970, [info@artsd.org.uk](mailto:info@artsd.org.uk), [www.artsd.org.uk](http://www.artsd.org.uk)

## London – South

### ***SPIDIR courses in spiritual Direction***

- Aims: This course is aimed at those who feel they are called to offer spiritual direction and applicants are expected to have some experience of directing /being alongside others, even if this may be quite informal or occasional. There will be interviews to discuss the appropriateness of the course before membership is finally decided.
- Dates: There will not be a course running in 2019 but there are hopes to start a new course in September 2019.
- Contact: Bidy Taylor - [biddytaylor.spidirchair@gmail.com](mailto:biddytaylor.spidirchair@gmail.com)

## North West Area - Greater Manchester

### ***Spiritual Direction and Accompaniment Training - organised by Salford Prayer Guides***

- Contact: Courses by arrangement, Mary Nono, 0161 980 6776, [mary@nono.org.uk](mailto:mary@nono.org.uk)

*Manchester Diocese*





## *Introduction to Spiritual Companionship*

Times: The course runs approximately every 2 years, the last course started in January 2018.

Contact: Canon Alan Butler [alanbutler@ntlworld.com](mailto:alanbutler@ntlworld.com)

### **Oxfordshire**

#### **Centre for Applied Carmelite Spirituality, Oxford**

##### **Spiritual Direction Training Programme (Carmelite Tradition)**

**Aim:** This two-year training programme in Carmelite Spiritual direction aims at drawing on the interpretative principles derived from Carmelite spirituality, to deepen the understanding of one's experiences in the journey towards intimacy with God. The model is distinctive as its emphasis is not only in having Carmelite spirituality as its foundation but in its aim to prepare candidates to undertake spiritual direction both on a one to one or group basis but as importantly, to be a guiding and prayerful presence in the world. The course may also enhance the ability of spiritual directors who currently hold accredited qualifications or experience in other traditions of Spiritual direction or formation. A Certificate in The Art of Spiritual Direction (Carmelite Tradition) will be awarded at the end of the programme.

**Overview:** The Training programme comprises 6 main modules: The Theology of Spiritual Direction; The Art of Spiritual Direction; Carmelite Spirituality; Psycho-Spiritual themes; Resourcing Spiritual Direction; and Practicum & Group Work.

**Dates:** Schedule: September 2019 – July 2021 There are four five-day intensives in residence at the Carmelite Priory, Oxford (two intensives per year). The remaining sessions comprise eight overnights (four per year) at the Carmelite priory and distance-learning through a phased release of materials online, mentor support and gatherings facilitated by online video conferencing technology.

**Venue:** Carmelite Priory (of St John of the Cross), Boars Hill, Oxford, OX1 5HB

**Cost:** Sustainable Price: £1,340 per year; Supported Price: £1,220 per year

**Contact:** Fr. Alexander Ezechukwu, OCD, 01865 735133 (press 1) [courses@carmelite.org.uk](mailto:courses@carmelite.org.uk)  
[www.oxcacs.org.uk](http://www.oxcacs.org.uk)

### **Portsmouth Diocese Spirituality Network**

#### ***Engage Training Course in Spiritual Direction***

**Aim:** To train course members to act as Christian spiritual directors. Open to Christians of all traditions.

NB Entry requirements: Participation in a residential Ignatian retreat of at least 2 nights within the last 3 years. Meeting regularly with a spiritual director for at least 2 years (min. 8 meetings). The director will supply a reference commenting on their suitability for this ministry. Acceptance on the course will be after interview.

**Content:** The course content includes basic psychology (e.g. boundaries, transference, Life transitions); more specifically spiritual issues (e.g. discernment, guilt); extensive listening practice in threes and twos; professional issues (e.g. accountability, supervision). Also introduction to major areas of Christian spirituality.

**Dates:** 6 x 10 evening sessions (2 years of 3 terms each).

**Cost:** TBC

**Contact:** Information leaflets and application forms may be available on the website - see <https://www.portsmouth.anglican.org/spirituality-engage-course/> email: Ruth Tuschling [ruth.tuschling@portsmouth.anglican.org](mailto:ruth.tuschling@portsmouth.anglican.org), 023 9289 9686 (mornings).

### **Salisbury**

#### **Sarum College**

##### ***Sarum Course in Spiritual Direction***

**Aim:** To equip those who are called to this ministry to confidently and competently accompany others.



- Content:** The focus of year one is the lived experience of group members; personal spiritual development; basic listening and reflective skills and attention to the transformative power of God. Year two focuses on the key skills for this ministry e.g. building the accompaniment relationship; learning to listen empathically, maintaining appropriate boundaries, the importance of on-going supervision and becoming a more self-aware director.
- Dates:** Two year course comprises 9 two-day residential over two years. Next course begins September 2019.
- Contact:** To receive an application form contact Alison Ogden [aogden@sarum.ac.uk](mailto:aogden@sarum.ac.uk) or [courses@sarum.ac.uk](mailto:courses@sarum.ac.uk), 01722 424800. Visit our webpage for further information on the course.

**Staffordshire, Shropshire, Hereford and West Midlands  
The West Midlands Courses in spiritual direction  
A series of courses is planned in prayer and spiritual direction**

***Soul Food***

- Overview:** A course for anyone who wants to grow in responsiveness to God. With an awareness of some of the Christian prayer tradition, tutors journey with participants to develop reflection (noticing movements of the Spirit), an awareness of personality and prayer, and the use of silence, solitude, the Bible and our imaginations as helps to develop intimacy with God.
- Venue:** Stafford/Stoke
- Dates:** Planned for autumn 2019
- Cost:** £144 \* (see note below) (£12 per evening £24 per day)

***Spiritual listening***

- Overview:** For anyone who has done Soul Food (or equivalent) and wishes to become more able to make space for God in conversation with others. Participants need to be receiving Spiritual Direction (Help is given in finding a Companion if required).
- Venue:** tbc
- Dates:** tbc
- Cost:** £290\* (see note below)

***The Art of Spiritual Direction***

- Overview:** For some, a gift and calling to be a Spiritual Companion to others emerges. This course is for those in whom this calling is discerned and aims to develop the gift of enabling another person to attend to their relationship with God. It involves a growing personal awareness of the movements of the Spirit as well as an openness to the ways in which God deals with another person. We use the Ignatian Spiritual Exercises as a guide for this process.
- Venue:** The course will be run in the Shrewsbury area.
- Dates:** Twelve Thursdays approximately 4-weekly over 3 terms beginning 5 Sept 2019.
- Cost:** £390 per term\* plus £300 residential (see note below). There is a grant of £500 for Lichfield Diocese participants.
- Contact:** To register your interest or discuss any of the above courses please contact Charles Ruxton, Diocesan Spirituality Adviser, [charles.ruxton@trinitychurches.org](mailto:charles.ruxton@trinitychurches.org), [https://www.lichfield.anglican.org/spirituality\\_resources/](https://www.lichfield.anglican.org/spirituality_resources/)

\* Note on costs - those indicated above reflect the running cost of the course but if this presents an obstacle please apply as we may be able to help.

**Southwell and Nottingham Diocesan Spirituality Group**



Courses are offered at different levels. For current information and details of this and other courses please contact, Catriona Gundlach, Office Manager & Training Coordinator  
catriona@southwell.anglican.org 01636 817232

### ***1. Finding Direction through Prayer:***

**Aim:** A six week experiential prayer course. Gently introduces the idea of directing and being directed. Also available are regular opportunities to encounter Guided Prayer either over a month or in a concentrated week.

**Dates:** Next course autumn 2019.

### ***2. Spiritual Direction Training Course:***

**Dates:** A course takes place every two or three years, the next course will be in 2020

**Venue:** Sacrista Prebend Retreat Centre, Southwell.

**Times:** Once a week for 14 weeks with an individually guided retreat as part of the course.

**Apply:** Acceptance onto course is by application and interview with course leaders. At the end of the course participants may be accepted to join the list of diocesan directors and lead weeks of guided prayer.

## **Suffolk**

**The Diocesan Spirituality Group** organises 2–3 training days each year for those involved in or interested in the ministry of spiritual direction/ accompaniment. Details can be found via the Spirituality page in <http://www.cofesuffolk.org/prayer-and-spirituality#/> Or via [spirituality@cofesuffolk.org](mailto:spirituality@cofesuffolk.org)

## **Midlands**

### **Coventry and Warwickshire**

#### ***The Art of Spiritual Direction***

**Aim:** To provide a learning environment that enables participants to explore the basic knowledge, skills and attitudes needed to accompany another in their spiritual journey. Open to all Christian traditions.

**Times:** 30 Wednesday evenings (three terms) with 4 Saturday workshops.(60 + 24 hours) in alternate years.

**Venue:** TBA – Coventry / Warwickshire

**Cost:** £390 (£130 per term ) – text provided

**Leaders:** Lois Baldwin, Penny Hughes, David Jessett, Peter Sidebotham, Fiona Trewick

**Contact:** David Jessett, [d.jessett@btinternet.com](mailto:d.jessett@btinternet.com)

## **West Midlands**

### ***Birmingham Forum for Spiritual Directors and Companions – A training course in Spiritual Accompaniment***

**Contact:** This ecumenical course lasts for three terms, and usually runs every two years. It is expected that a new course will begin in September 2020.

**Contact:** Rev Canon John Austen [johnausten151@hotmail.co.uk](mailto:johnausten151@hotmail.co.uk) 0121 554 8882

## **Manresa Link**

### ***Basic Training Course to be come a Prayer Guide in Ignatian Spirituality***

**Venue:** Saturdays: St Mary's Convent, 98 Hunters Rd, Birmingham B19 1EB

**Content:** The course includes: A short prayer time; Input on some aspect of Ignatian Spirituality e.g. listening skills, images of God, the place of desire, consolation & desolation, discernment, supervision, safeguarding, organising and individually guided retreat; triads

The course is open to those who are prayerful and desire to lead others in their own personal prayer life. You need to have done a Retreat in Daily Life or a residential

individually guided Ignatian retreat. You also need to commit to attending all sessions of the course.

- Dates: 8 Saturdays (10am – 12.30pm) starting 29 September 2018, plus 2 weekends in January & February 2017
- Cost: £200 all inclusive.
- Contact: For information or an application contact: [margaret\\_brittan@hotmail.com](mailto:margaret_brittan@hotmail.com)  
[www.manresalink.org.uk/training.html](http://www.manresalink.org.uk/training.html)

## **YORKSHIRE**

### **The Anglican Diocese of Leeds (no longer Dioceses of Bradford, Ripon and Leeds)**

#### ***A two-year introduction to Spiritual Direction***

- Aim: To offer an opportunity to confirm and develop a ministry in Spiritual Direction. year 1 focuses on personal spiritual development and year 2 on the skills and practice of spiritual direction. Students need to complete year 1 in order to take year 2.
- Venue: The 2018- 2020 course is meeting in St Peter's Church, Gildersome.
- Contact: Course leader: Revd Vera Sinton, 01969 666948, [vera@vsinton.co.uk](mailto:vera@vsinton.co.uk) Course administrator: Carol Byde, [cbyde@btinternet.com](mailto:cbyde@btinternet.com) or Charlie Scott [charlie.scott@leeds.anglican.org](mailto:charlie.scott@leeds.anglican.org)  
For details of new courses see [www.leeds.anglican.org/prayer-spirituality](http://www.leeds.anglican.org/prayer-spirituality)

### **South Yorkshire - Sheffield Diocesan Training in Spiritual Accompaniment**

#### ***Spiritual Growth and Transformation (SG&T) Part 1***

- Aim: Forms the first stage of the Art of Spiritual Accompaniment training as well as being a stand-alone experience.  
Over the course of 6 months this course offers a process of prayer, listening and reflection through which participants are encouraged and enabled to draw closer to God. It includes a weekend silent retreat and is led by an ecumenical team.
- Times: The next course will run September 2019 – February 2020
- Venue: Whirlow Spirituality Centre, Whirlow Grange Close, Sheffield, S11 9SY
- Cost: In the region of £550, payable in monthly instalments. Please do not let cost prevent application. Participants are encouraged to seek funding from their church and/or other bodies to contribute to costs etc.
- Apply: Forms can be downloaded from  
<https://www.whirlowspiritualitycentre.org/news>  
<https://www.stpeterscollege.org.uk/courses/spiritual-transformation-and-growth>  
or phone Karen Colley on 01709 309116,  
email: [karen.colley@sheffield.anglican.org](mailto:karen.colley@sheffield.anglican.org) to request leaflet and forms

### **The Art of Spiritual Accompaniment (ASA) Part 2**

- Aims: The course is held over 12 one-day sessions by an ecumenical team. The aims of the course are: to introduce spiritual accompaniment, enable growth in this area through prayer, listening and reflection; to explore and practice a range of approaches to prayer; to develop discerning listening and to explore key themes of spiritual accompaniment. Applicants should have undergone spiritual formation in the recent past; the Spiritual Growth & Transformation Course is designed as the ideal foundation to the ASA course
- Times: September 2020 TBC, to follow on from the SG&T course above.
- Venue: Whirlow Spirituality Centre, Whirlow Grange Close, Sheffield, S11 9SY
- Cost: In the region of £600, payable in monthly instalments. Please do not let cost prevent application. Participants are encouraged to seek funding from their church and/or other bodies to contribute to costs etc.
- Applications: Forms when available can be downloaded from [www.whirlowspiritualitycentre.org](http://www.whirlowspiritualitycentre.org)  
[www.stpeterscollege.org.uk/courses](http://www.stpeterscollege.org.uk/courses) or phone Karen Colley on 01709 309116, email: [karen.colley@sheffield.anglican.org](mailto:karen.colley@sheffield.anglican.org) to request leaflet and forms.

## **West Yorkshire** **West Yorkshire**

### *A two year spirituality course*

Overview: Year 1 Exploring Spiritual Growth, Year 2: Equipping for Spiritual Direction.  
Venue: St Mark's Harrogate.  
Contact: For application form and further information please contact: Liz Moy ([zilom@btinternet.com](mailto:zilom@btinternet.com)), Course leader Jenny Savage.

### *Yorkshire Diocese - SPIDIR – An Ecumenical Course Spiritual Direction*

Overview: The course is not designed to give you an academic qualification for spiritual direction. Rather, we aim to explore the relationship between God and his people in our daily life and work. It will be a mixture of learning through listening, sharing, personal reflection and developing practical skills.  
Leaders: The course is facilitated by the Diocese of York SPIRDIR Support Group with a number of visiting speakers.  
Dates: The course runs for two years, once a month, each year beginning with 24-hour residential

## **York**

### *York Ignatian Spiritual Accompaniment Course*

Aim: This two year course offers training in spiritual accompaniment in the Ignatian tradition  
Content: The current course is being offered in the format of one day a month over 10 months per year of the course with two additional Saturday workshops.  
Apply: Participants are expected to have made the full Ignatian Spiritual Exercises prior to commencing the course; have familiarity with a variety of ways of praying; and, understand the essentials of Ignatian discernment.  
Times: A course is currently running (September 2019-July 2021)  
Venue: St Bede's Pastoral Centre, York  
Contact: For information or enquiries about forthcoming courses contact the office, St Bede's Pastoral Centre, 21 Blossom Street, York YO24 1AQ, 01904 464900, [admin@stbedes.org.uk](mailto:admin@stbedes.org.uk), [www.stbedes.org.uk](http://www.stbedes.org.uk)

## **Scotland**

All three courses are based at the Ignatian Spirituality Centre, Glasgow. For more information please see [www.iscglasgow.co.uk](http://www.iscglasgow.co.uk)

### *Growth in Prayer and Reflective Living*

Aim: To develop a greater awareness of your relationship with God. This one year programme will suit you whether you are interested in pastoral work or simply want space to explore and reflect on your life and relationship to God, self and others. The course is open to all, of whatever denomination or none. The method is reflective and experience-based. Sessions include team input, guided experiences of prayer, time for quiet personal prayer, and opportunities for listening and sharing.  
Dates: *This course is offered each year*  
Times: Tuesday evenings September to May + five Saturdays (see website for details)  
Venue: Ignatian Spirituality Centre, Glasgow  
Cost: See website for current suggested offering  
Contact: The Administrative Secretary, the Ignatian Spirituality Centre, 35 Scott Street, Glasgow G3 6PE, 0141 354 0077, [admin@iscglasgow.co.uk](mailto:admin@iscglasgow.co.uk)

## **Spiritual Conversation**



This year we are introducing for the first time the opportunity to complete the Spiritual Conversation course by DISTANCE LEARNING online. Participants from areas of UK remote to the Spirituality Centres and from OVERSEAS will be able to access course work, group meetings and tutorials via Skype.

We will also offer the usual HOME BASED course at ISC and hope to integrate this with the new online version.

- Dates: The course will be offered in 2019/20 and again in 2020/21
- Aim: Participants develop skills to enter into conversations on life, death, joy, illness, relationships, God and the spiritual side of life. Those engaged in church visiting, hospital or other chaplaincy work or simply conversing with friends are able to be more comfortable talking about some of life's serious subjects. Teachers and employees in the NHS and social work have found the insights and skills gained through the course invaluable to their practice. The course is based in the Jesuit tradition of St Ignatius of Loyola and explores the attitudes, skills and ways of listening and discerning contained in good spiritual conversation. Topics include: listening skills / personal prayer/ Ignatian discernment / the practice of spiritual conversation in daily life.
- Apply: Participants should have completed the Growth in Prayer and Reflective Living Course or equivalent or made the Full Ignatian Spiritual Exercises.
- Times: One weekend per month September to May (see website for details)
- Venue: Ignatian Spirituality Centre, Glasgow
- Cost: see website for current suggested offering
- Contact: The Administrative Secretary, the Ignatian Spirituality Centre, 35 Scott Street, Glasgow G3 6PE, 0141 354 0077, admin@iscglasgow.co.uk

### ***Spiritual Accompaniment / Direction***

- Aim: This course is for those who wish to explore the skills and gifts of accompanying others on their faith journey. It is based in the Ignatian tradition, drawing its inspiration from the Spiritual Exercises of St. Ignatius of Loyola. As a broad based course it is expected that participants will find different uses for what they learn – for example informal spiritual conversation, prayer guiding, general use in ministry/ life, beginning to offer individual spiritual accompaniment/direction leading in some cases to the giving of retreats and the Spiritual Exercises. The course includes: Developing a beneficial relationship (Supervision) / the transforming work of the Spirit (discernment) / standards of practice (codes of behaviour) /pastoral applications.
- Apply: applicants should have completed the Spiritual Conversation Course. Comparable courses will be considered.
- Dates: The course will be offered in 2021 /22
- Times: One weekend per month September to May (see website for details)
- Venue: Ignatian Spirituality Centre, Glasgow
- Cost: see website for current suggested offering
- Contact: The Administrative Secretary, the Ignatian Spirituality Centre, 35 Scott Street, Glasgow G3, 0141 354 0077, admin@iscglasgow.co.uk

## **Edinburgh**

### ***Epiphany Group (a variety of locations in Scotland)***

#### ***Regular courses are organised by the Epiphany group***

To note interest in future courses and locations, please contact [ignatius.epiphany1@gmail.com](mailto:ignatius.epiphany1@gmail.com) see also [www.epiphanygroup.org.uk](http://www.epiphanygroup.org.uk)

## **Wales**



**St Beuno's Ignatian Spirituality Centre, St Asaph, Denbighshire LL17 0AS, 01745 583444,  
secretary@beunos.com, www.beunos.com**

See [www.beunos.com/theology.htm](http://www.beunos.com/theology.htm) for a list of courses, including the following

### ***Prayer Guides Course***

**Aims:** The aim of this course is to train participants to help others to pray - both in one to one settings like Weeks of Guided Prayer and also through facilitating group workshops in prayer, particularly in the Ignatian tradition. The course will include the following: ways of praying, listening skills and relationship dynamics, basic presentation skills and basic group work.

The course will include theoretical and practical elements.

**Apply:** Course requirements: Commitment to one's own prayer life and some familiarity with Ignatian approaches to prayer

**Dates:** 13-20 January 2020

### ***Introduction to Spiritual Accompaniment Course***

**Aim:** The aim of this course is to introduce participants to the basic principles of Ignatian Spiritual Accompaniment. It will include listening skills, discernment of spirits, a model of Ignatian accompaniment, spiritual conversation and ways of praying. The course will help deepen and improve one-to-one pastoral ministry, using Ignatian principles based on the Spiritual Exercises which will be valuable in a variety of pastoral settings. This course will also introduce some of the skills necessary for spiritual direction, but while the course may reveal a gift for spiritual direction, it does not provide sufficient training for people to offer spiritual direction.

**Dates:** 18-27 February 2020, 20-29 July 2020

**Apply:** The course requirements are a commitment to one's own prayer life and experience of receiving spiritual accompaniment on directed retreats or ongoing spiritual direction

### ***Supervision training for spiritual directors***

**Aims:** Spiritual directors need to reflect on their practice and also be accountable to others about their work. Supervision provides for this, as well as providing an excellent way to develop one's skills and learn. This introductory training in supervision is for experienced spiritual directors and trains them in the supervision of other directors.

**Dates:** 22 – 29 May 2020

**Apply:** Course requirements: Experience of offering Spiritual Direction

### ***Course in retreat giving and spiritual direction guidance***

**Aims:** The 'Ten Week' course aims to help participants to gain competence and experience in giving individually guided retreats based on the Spiritual Exercises of Ignatius Loyola through both experiential and theoretical learning. The emphasis is on retreat direction, though the programme also prepares for the more general ministry of spiritual direction. As well as acquiring skills the course seeks to discern and develop the charism for this ministry. The course is also suitable for those who are working (or preparing to work) in the area of discernment and formation, whether lay, clergy or religious. Throughout the course there will be personal supervision, observed practice, and assessment of your progress and needs.

**Dates:** 1 October 2020- 8 December 2020

**Apply:** Participants need to have made the full Spiritual Exercises of St Ignatius and have some understanding of Ignatian Spirituality. An excellent fluency in English and a good understanding of the British culture are requirements for this programme.

### ***Spiritual Direction Course***

**Aims:** To help participants grow in their capacity to offer Ignatian spiritual direction in different contexts. The course recognises that spiritual direction in the Ignatian tradition is discerning, dynamic and personal. The assumption behind the process is that God is at work in the everyday life of each person.

The course is primarily experiential in nature; using individual and group work.

- Inputs, overviews of the process, talks on specific topics given by the team.
- Observed practice of the skills used in spiritual direction
- Feedback from trainers on skills / gifts observed in practice sessions
- Structured reflection on personal growth and learning

**Dates:** 27 January - 10 February 2020

**Apply:** Requirements: The course is intended for those with some experience and training in one to one work with people. It is usually a pre-requisite for applicants to this course to have attended the 'Introduction to Spiritual Accompaniment Course' and to have a recommendation from their tutor on the course that they are ready to undertake training in spiritual direction. (Such recommendations are given at the end of the ISA course rather than at a later date.) In some circumstances it may be possible to attend this course without having attended ISA if there is significant prior training and previous experience.

Participants should also have made the full Spiritual Exercises of Ignatius Loyola, having done this as a retreat in daily life (19<sup>th</sup> annotation), or residentially as a 30-day retreat

### ***Understanding the Spiritual Exercises***

**Aims:** This workshop is aimed at spiritual directors who have made the Exercises themselves and wish to deepen their understanding of the text and dynamic of the Exercises.

One focus of the workshop will be the ways in which we use the Exercises in various spiritual accompaniment contexts. As well as input from the team, there will be some reading and seminar-style discussion.

**Dates:** 4-8 May 2020

### ***School of Prayer***

**Aims:** What is 'Ignatian' prayer? Why has it become so appreciated by people from a variety of religious backgrounds? It has been found to be helpful for those searching for faith and meaning in life, for those relatively new to prayer and for those trying to pray in the midst and muddle of daily life. This weekend will introduce people to some basic methods of Ignatian prayer, including stillness, use of the imagination when praying with scripture, finding God by reflecting on our everyday experience in daily life and finding God through art and creation. This will be a silent weekend with short, practical instruction sessions on prayer together with time for personal reflection and (optional) sharing in groups.

**Dates:** 24-26 January, 15-17 May 2020

### ***Llysfasi Spirituality Workshop – an experiential workshop in contemplative listening, based upon the Spiritual Exercises of Ignatius of Loyola – [www.llysfasi-spirituality-workshop.org.uk](http://www.llysfasi-spirituality-workshop.org.uk)***

This summer residential workshop was initiated 25 years ago by Gerry Hughes SJ, Bishop Graham Chadwick and Mary Rose Fitzsimmons HHS. It is based principally on the Spiritual Exercises of St Ignatius and has gone through many creative changes. The first days are dedicated to an experiential journey through the major themes of the Exercises. Each member will then have the opportunity to accompany another member of the workshop in a 3 day silent retreat. During the retreat there are seminars on the art and practice of accompanying as well as one to one supervision with a team



member. The workshop is for those who are committed to working with their own soul journey and find themselves invited to be present as discerning listeners and soul companions for others

Where: Foxhill House, Cheshire

Dates: 12-29 August 2020

Cost: £1,250 includes all accommodation and fees

Contact: For further details including costs [www.llysfasi-spirituality-workshop.org.uk](http://www.llysfasi-spirituality-workshop.org.uk)  
Mary Rose Fitzsimmons [maryrosefitzsimmons@btinternet.com](mailto:maryrosefitzsimmons@btinternet.com)

### **Other opportunities:**

#### ***Open Door Training Workshops - available by request***

Contact: Sr Winifred Morley RC, The Cenacle, Tithebarn Grove, Lance Lane, Liverpool L15  
6TW 0151 722 2271, [winniecenacle@mail.com](mailto:winniecenacle@mail.com)

### ***Amsterdam***

#### ***School of Spiritual Direction***

Aims: This two year course offers participants an immersive, integrated and robust introduction to the ministry of spiritual direction.

Content: A combined experience of reading literature, group exercises, practicing spiritual disciplines, paying close attention to one's life, receiving and offering spiritual direction: Students need to attend all 5 modules, receive regular spiritual direction, offer spiritual direction and submit sessions for feedback and supervision.

Dates: Current course runs to May 2020.

Tutors: Elizabeth de Smaele and Natalie Baxter Strange

Apply: Registration is by application form

Contact: For more information see [www.sustainablefaith.com/amsterdam/](http://www.sustainablefaith.com/amsterdam/)

### ***Ireland***

#### ***Manresa Jesuit Centre of Spirituality, Dublin***

#### ***Diploma in Spirituality (Spiritual Direction)***

Aims: Drawing on our Ignatian tradition and with over forty years' experience of training people in spiritual direction Manresa has developed an integrated two-year programme of seven weekends per year which draws on the insights of spirituality, psychology and the understanding of the human person. This unique offering, with ongoing supervision over two years, allows participants to develop and deepen their skills over time. Applicants who elect to do the course at Manresa are resident during each of the weekends and have the added opportunity of an important group experience which significantly enhances the learning experience. We work within the Ignatian tradition which is a rich source of guidance in discerning the ways of God and which equips participants in the course to help others find their way in our sometimes confusing world.

Content: This is, at its core, a formation programme, fostering a reflective approach to life and noticing God at the heart of it. During the first year of the course there is a focus on deepening your own spiritual life and prayer experience, furthering your capacity to reflect, developing your listening and communication skills and learning to accompany others. From the second term of the first year, you will accompany two people, under supervision. The programme is interactive and experiential.

Venue: At Manresa in Dublin, each weekend begins on Friday evenings with supper at 6pm and ends after 1pm lunch on Sunday.

Dates: Please visit our website for dates and application form  
(<https://www.manresa.ie/content/spiritual-direction-formation>)

Costs: Manresa 1900 Euros (as of 2019)

Contact: For further information email [reception@manresa.ie](mailto:reception@manresa.ie) or visit  
<https://www.manresa.ie/content/spiritual-direction-formation>

NB Deadline for applications 30 April each year with the course starting in September

*This list is updated as information received – Revised April 2019*