

# Draft Programme 2023 - 2024

**Draft Programme for Exploring your Spiritual Journey**  
**In the Diocesan Office, Flourish House, Cathedral Park Wells, BA5 1FD,**  
**usually alternate Fridays 10.00 – 3.30**

(Note: Sessions may need to be rearranged during the year to accommodate speakers)

**Team: Victor Barley, Vivienne Bolton and Phil Hodgson**

## Term 1 (2023) Foundations and Roots

Date & Venue	Main Speaker	Subject
<b>8 September</b> Flourish House	Victor Barley, Vivienne Bolton, Phil Hodgson	<b>Prayer and Spirituality I:</b> Introductions. Resources. Folder. Listening, Structure of course What is prayer and spirituality? Categories of Prayer Journaling <i>Afternoon:</i> Hopes for the course and year. Letter to self.
<b>22 September</b> Flourish House or Bishop's Palace	Victor Barley, Vivienne Bolton, Phil Hodgson	<b>Prayer and Spirituality II:</b> Quiet Day at Bishop's Palace. An introduction to Quiet Days and using silence. This will offer input and guidance to help people learn to live with and use silence. However sessions will be optional.
<b>6 October</b> Flourish House	Victor, Vivienne and Phil	<b>Prayer and Spirituality III:</b> Images of Self, Images of God <i>Afternoon:</i> Drawing Images. Rublev's icon.
<b>20 October</b> Flourish House	Victor	<b>Christian Prayer Roots I:</b> Old Testament Spirituality, New Testament Spirituality <i>Afternoon:</i> Psalm writing
<b>27 October</b> Flourish House	Victor	<b>Christian Prayer Roots II:</b> Desert Fathers and Mothers, Solitude and community <i>Afternoon:</i> Wisdom stories and reflection on Solitude and Community balance
<b>1 December</b> Flourish House	Revd Christopher Rowley	<b>The Disciplined Life I:</b> Benedictine Spirituality, the Balanced Life and Christian Meditation. <i>Afternoon:</i> Rhythm of Life, the Balanced Life, Lectio Divina. A Personal Rhythm of life
<b>8 December</b> Flourish House	Victor	<b>Christian Prayer Roots III:</b> Eucharist and Incarnation. Bring and Share Lunch

## Term 2 (2024) Ways of Prayer for Differing Personalities

Date & Venue	Main Speaker	Subject
<b>5 January</b> Flourish House	Revd Mike James	<b>The Disciplined Life II:</b> Evangelical Spirituality, personal relationships, Quiet Times, personal Bible study. <i>Afternoon:</i> Bible Study Quiet Time.
<b>12 January</b> Flourish House	Vivienne	<b>Prayer and Creation I:</b> Franciscan Spirituality, Prayer and nature, simplicity, poverty. <i>Afternoon:</i> Simplifying life.
<b>19 January</b> Flourish House	Catriona Galbraith	<b>Prayer and Creation II:</b> Celtic Spirituality, a reverence for Creation. Introduction to Enneagram. Typing exercise.
<b>Fri 2 February</b> 10.00 – 6.00 <b>Sat 3 February</b> 9.30 – 4.30pm Flourish House	Terry Wood and Teresa Daniels	<b>Prayer and Self I:</b> Enneagram. Saturday evening Meal in Wells (optional). Accommodation in Wells by own arrangement if needed.
<b>23 February</b> Flourish House	Revd Val Hoare	<b>Prayer and Self II:</b> Thomas Merton, Richard Rohr. <i>Afternoon:</i> True self/false self exercise/journaling.
<b>1 March</b> Flourish House	Vivienne	<b>Prayer and Self III:</b> Ware Spirituality Circle, Prayer and Personality. <i>Afternoon:</i> A new or out-of-comfort-zone praying from Prayer Booklet.
<b>8 March</b> Flourish House	Rev Jane Eastell	<b>Contemplative Spirituality I:</b> Carmelite Spirituality. <i>Afternoon:</i> Silent prayer.
<b>22 March</b> Flourish House	Rev Jane Eastell	<b>Contemplative Spirituality II:</b> Mother Julian of Norwich. <i>Afternoon:</i> Finding our hazelnuts – things that speak of God to today's world. Finish with Eucharist.

## Term 3 (2024) Creative Spirituality

Date Rooms	Speaker	Subject
<b>19 April</b> Flourish House	Revd Jane Eastell	<b>Contemplative Spirituality III: Icons.</b> <i>Afternoon: Prayer with icons.</i>
<b>26 April</b> Flourish House	Catriona Galbraith	<b>Imaginative Spirituality I:</b> Ignatius of Loyola, imaginative prayer, spiritual exercises, the Examen. <i>Afternoon: Imaginative Biblical prayer.</i>
<b>10 May</b> Flourish House	Revd Mike James	<b>Imaginative Spirituality II:</b> Spirituality in film, art, music in new monasticism.
<b>24 May</b> Flourish House	Victor	<b>Prayer and Daily Life I:</b> The Way of the Marketplace. <i>Afternoon: Prayer walk</i> in centre of Wells.
<b>7 June</b> Flourish House	Revd Mike James	<b>Prayer and Daily Life II:</b> Contemporary spirituality, spirituality in a post-Christian world.
<b>21 June</b> Flourish House		TBC.
<b>5 July</b> Flourish House	Bishop Ruth	<b>Prayer and Daily Life III:</b> Spiritual Life history – one's own bread for the journey. <i>Afternoon: 'Bread for the Journey'.</i>
<b>18 – 19 July</b> (2 days and one night) Penny Brohn National Centre Pill	Vivienne, Victor and Phil	<b>Retreat:</b> Vocation, Silence, Affirmation of rhythm of life, Spirituality & Creativity - Poetry/Art/Clay/Music/mandalas.  Reflection on the year. Eucharist, letter and offering.