The Facilitators

Victor Barley has been a member of the Exploring Spirituality team for twelve years. He is particularly drawn to Ignatian Spirituality, including experience of Spiritual Exercises.

Vivienne Bolton, Multimedia Artist and Tertiary of the Third Order of Franciscans.

Philip Hodgson, who recently retired from a career in IT, attended this course previously and found it a very enlivening experience. He is being drawn to the guiding principles of Ignatian Spirituality.

Meet a former participant

Exploring Spirituality is just that, an exploration. An opportunity to touch on the rich history of Christian practice and thought, to spend time experiencing some of the different practices, to taste silence, to listen with our whole selves, to be heard, to share doubt and belief, laughter and tears, to travel this pilgrim route in very good company. A fortnightly spa for the soul. A valuable, kind, mirror in which to examine our lives.

Anne from Bath

For more information visit: www.bathandwells.org.uk



How does the course work?

The course runs roughly fortnightly for a year at Flourish House, Wells, 10.00 - 3.30. It includes:-

- Time to experience the tradition and make it your own
- A support group
- A Quiet Day
- Enneagram workshop

The cost is £150 payable in termly instalments of £50. The is also the possibility of an optional end of year retreat at an additional cost.

How do I find out more?

First, have a word with your clergy about the course and its suitability for you.

For more information and to register interest see the website:

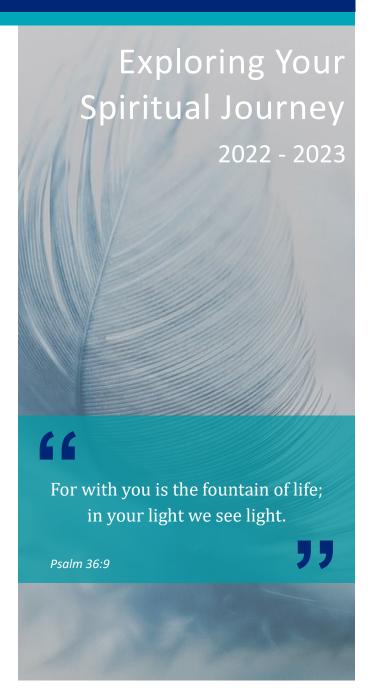
https://www.bathandwells.org.uk/events-and-training/exploring-your-spiritual-journey/

Or contact

Revd Victor Barley, Course Leader T: 01275 331086 E: victor.barley@tiscali.co.uk

Sue Whitehead, Deanery & Parish Support Administrator T: 01749 685272 E: sue.whitehead@bathwells.anglican.org

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Who can do Exploring Spirituality?



If you:-

- want to experience more of God
- are prepared to try new ways of praying
- are open to exploring God with people of different views and experiences
- want to explore your own spiritual journey
- would like to create a simple life guide

then this might be the course for you. The course is held in a Church of England setting but is open to people of all denominations, lay and ordained.

The only prerequisite is a desire to discover more about your inner journey and a commitment to attend regularly.

Course dates for 2022 - 2023

	Term 1 (2022)				
	23 Se	eptember	Introductions. Resources. Folder. Listening, discernment, journaling		
			., ,		
	14 October		Quiet Day at the Bishop's Palace with an optional shared meal		
	21 October		Images of Self, Images of God		
			Drawing Images. Letter to Self		
	18 November		Old Testament Spirituality, New Testa-		
			ment Spirituality. Psalm writing		
	25 N	ovember	Desert Fathers and Mothers, Solitude and		
			community		
	2 De	cember	Incarnation; Eucharist. Bring and share lunch		

	Term 2 (2023)				
6 January	Benedictine Spirituality, Rhythm of Life,				
	the Balanced Life, Lectio Divina				
20 January	Evangelical Spirituality, Quiet Times,				
	Relationships, personal Bible study				
3 February	Franciscan Spirituality, Prayer and nature,				
	simplicity, poverty. Intro to Enneagram				
Sat 11 &	Enneagram Weekend. Sat eve Meal in				
Sun 12	Wells (optional). Accommodation by				
February	own arrangements if needed.				
24 February	Celtic Spirituality, a reverence for				
	Creation, Nature/ Senses Prayer Walk				

Term 2 continued		
3 March	Thomas Merton, Richard Rohr	
17 March	Ware Spirituality Circle, Prayer and Personality	
24 March	Enneagram follow up - subtypes	
31 March	Carmelite Spirituality	

Term 3 (2023)				
21 April	Mother Julian of Norwich. Finding our hazelnuts – things that speak of God to			
	today's world			
5 May	Ignatius of Loyola, imaginative prayer, and the Examen			
19 May	Praying with Icons			
26 May	Spirituality in film, art, music and new			
	monasticism			
2 June	The Way of the Marketplace			
23 June	Contemporary Spirituality, spirituality in a			
	post-Christian world			
30 June	'Bread for the Journey'. Spiritual life			
	history			
20 - 21	Optional Retreat at Penny Brohn National			
July	Centre (details TBA)			