

## 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](http://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. There 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

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# Exploring Your Spiritual Journey

2022 - 2023

“

For with you is the fountain of life;  
in your light we see light.

”

*Psalm 36:9*

## 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 September	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 Testament Spirituality. Psalm writing
25 November	Desert Fathers and Mothers, Solitude and community
2 December	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 & Sun 12 February	Enneagram Weekend. Sat eve Meal in Wells (optional). Accommodation by 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 July	Optional Retreat at Penny Brohn National Centre (details TBA)