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

How does the course work?

The course runs roughly fortnightly for a year at Flourish House, Wells, 10am - 3.30pm.

It includes:-

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

The cost is £300, payable in termly instalments of £100. This includes the cost of the end-of-year retreat.

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



The Facilitators

Victor Barley has been a member of the Exploring Spirituality team for over 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.

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:

<u>bathandwells.org.uk/exploring-your-spiritual-journey/</u>

Or contact

Revd Victor Barley Course Facilitator

T: 01275 331086

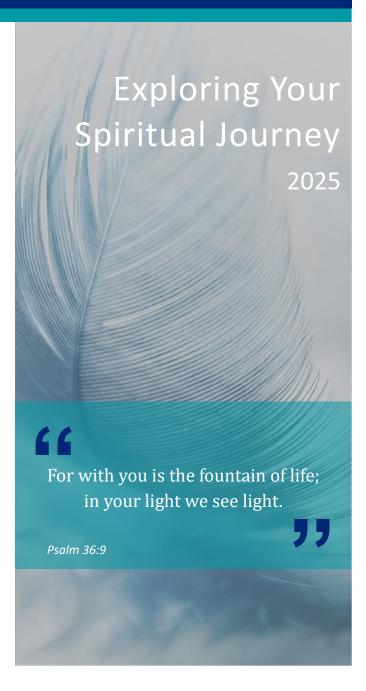
E: victor.barley@tiscali.co.uk

Charmain Gilmour Training and Ministry Administrator

T: 01749 588910

E: charmain.gilmour@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 2025

Term 1	
10 January	Prayer and Spirituality I: Introductions. Resources. Folder. Listening. Structure of course.
17 January	Quiet Day Meditation, Reflection and Prayer.
31 January	Prayer and Spirituality II: Images of Self, Images of God.
7 February	Enneagram: Introduction to the Enneagram.
Fri 14 & Sat 15 Feb	Prayer and Self I: Enneagram.
28 February	Prayer and Self II: Ware Spirituality Circle Prayer and Personality.
14 March	Christian Prayer Roots I: Old Testament Spirituality, New Testament Spirituality.
28 March	Christian Prayer Roots II: Desert Fathers and Mothers.
Term 2	
25 April	The Disciplined Life I: Benedictine Spirituality, the Balanced Life and Christian Meditation.
9 May	The Disciplined Life II: Evangelical Spirituality.
16 May	Prayer and Creation I: Franciscan Spirituality.

Term 2 continued		
6 June	Prayer and Creation II: Celtic Spirituality.	
13 June	Prayer and Self III: Thomas Merton, Richard Rohr.	
27 June	Contemplative Spirituality I: Carmelite Spirituality.	
4 July	Contemplative Spirituality II: Mother Julian of Norwich.	
18 July	Contemplative Spirituality III: Icons.	
1 August	Imaginative Spirituality I: Ignatius of Loyola.	
Term 3		
5 September	Imaginative Spirituality II: Spirituality in film, art, music.	
26 September	Prayer and Daily Life I: The way of the marketplace.	
3 October	Prayer and Daily Life II: Contemporary spirituality, spirituality in a post-Christian world.	
17 October	Prayer and Daily Life III: Spiritual Life history – one's own bread for the journey.	
20-21 October Mon/Tues	Retreat: Retreat at Penny Brohn National Centre. Vocation, Silence, Affirmation of rhythm of life, Spirituality and Creativity.	