

Experience of a current participant

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I want to understand more fully that I have been created primarily to know and love God, and to embrace the amazing truth that we are/I am, the Light and the Love that flows through me! I believe this course is slowly opening me up to explore not just these wonderful truths, but also to challenge me with those difficult questions about my spiritual life that are often barriers and stumbling blocks for me.”

Jackie from Bristol

The opportunity to work together:

We meet on Friday fortnightly (approximately) during term time for a year, 10am-3.30pm, at Flourish House, Wells.

The Course includes:

- A Quiet Day
- An Enneagram Introduction session and a two-day Enneagram workshop
- Some of the rich history of Christian spiritual thought and practice
- Time to experience different spiritual traditions
- Sharing your own spiritual Journey within a close support group.
- A final two-day Residential Retreat.

The total course cost is £375, including the retreat, and is payable in three instalments (£125 per term).

For more information visit:

bathandwells.org.uk

The Facilitators

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

Vivienne Bolton, Tertiary of the Third Order of St Francis; Spiritual Director; co-facilitator of EYSJ for 7+ years and multimedia artist.

Margaret Hayward, a Spiritual Accompanier and former member of the Exploring Spirituality team, now delighted to be returning. She has an interest in prayer in its many and varied forms.

Tina Soper, a former participant in the Exploring Your Spiritual Journey group, is passionate about the insights and experiences that this course can offer.

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:

bathandwells.org.uk/exploring-your-spiritual-journey/

Or contact **Charmain Gilmour-Cleverley**, Ministry Training Team Administrator

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Exploring Your Spiritual Journey

2026

“

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

”

Psalms 36:9

Why Explore your Spiritual Journey with other like-minded people?

If you:-

- want to experience more of God
- are prepared to try new ways of praying
- are open to seeking 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 2026

Term 1

16 January	Prayer and Spirituality I: Introductions. Resources. Folder. Listening. Structure of course.
23 January	Prayer and Spirituality II: Quiet Day Meditation, Reflection and Prayer.
30 January	Prayer and Spirituality II: Images of Self, Images of God.
13 February	Christian Prayer Roots I: Old Testament Spirituality, New Testament Spirituality.
27 February	Christian Prayer Roots II: Desert Fathers and Mothers.
6 March	Prayer and Self I: Introduction to the Enneagram.
20 March 10.00 - 5.00 and 21 March 9.30 - 4.30pm	Prayer and Self II: Enneagram
27 March	Prayer and Self III: Prayer and Personality

Term 2

24 April	Prayer and Self IV: Thomas Merton, Richard Rohr.
1 May	The Disciplined Life I: Benedictine Spirituality, the Balanced Life and Christian Meditation.
15 May	The Disciplined Life II: Evangelical Spirituality

Term 2 continued

12 June	Prayer and Creation I: Franciscan Spirituality.
19 June	Prayer and Creation II: Celtic Spirituality
3 July	Contemplative Spirituality I: Carmelite Spirituality.
17 July	Contemplative Spirituality II: Mother Julian of Norwich.

Term 3

4 September	Contemplative Spirituality III: Icons.
11 September	Imaginative Spirituality I: Ignatius of Loyola.
9 October	Imaginative Spirituality II: Spirituality in film, art, music.
16 October	Prayer and Daily Life I: The way of the marketplace.
6 November	Prayer and Daily Life II: Contemporary spirituality, spirituality in a post-Christian world.
13 November	Prayer and Daily Life III: Incarnation.
19 - 20 November Thur/Fri	Retreat: Retreat at Penny Brohn National Centre. Vocation, Silence, Affirmation of rhythm of life, Spirituality and Creativity.