

**Maggie Hunt** has trained as a counsellor and worked with a variety of different client groups. She has experience of training, adult education and is active within her faith community.

**John Knowles** is a trained Counsellor and Spiritual Director with a particular interest in Jung and St Ignatius

**COST:** The fee for the course is £390 a year payable in termly instalments. There are some bursaries available for those on limited income.

### TASTER SESSION

If you are considering this course it would be very helpful to come to the taster evening on September 25th 2008 at St. Bede's Pastoral Centre from 7.00pm to 9.00pm. Please let the Administrators know [admin@stbedes.org.uk or 01904 464 900] if you intend to come to this.

### APPLICATIONS

If you are interested in the course please complete the enclosed application form and send it to Susan Collier c/o St Bede's Pastoral Centre, 21 Blossom St., York YO24 1AQ. The closing date for applications is Tuesday Sept 30th 2008. Places will be allocated on a strictly first come first served basis based on receipt of completed application form.

If you have any questions as to whether this course is appropriate for you at this particular time in your life, please arrange through St Bede's to come to the taster session or an informal conversation with one of the team if unable to come to the taster evening.

We hope to let you know by the end of October 2008 if you have a place on this course.



# PERSONAL AND SPIRITUAL DEVELOPMENT

A TWO YEAR COURSE

January 2009—December 2010

*'I have come that they might have life, life to the full.'*

This course is experiential and broadly based on Ignatian spirituality.

The aim is to find a greater integration of our lives and our relationship with God through personal reflection and the exploration of different ways of praying.

The course will be helpful to anyone wishing to deepen the life of prayer and begin to explore the ministry of spiritual accompaniment.

St Bede's Pastoral Centre,  
21 Blossom Street, York YO24 1AQ  
Tel 01904 464900  
email admin@stbedes.org.uk www.stbedes.org.uk

## THE COURSE:

**First Year** from January 2009 comprising 3 modules:

- 1. WAYS OF PRAYING:** This module introduces various ways of praying and looks at the whole process of prayer and how it fits into our lives.
- 2. DEEPENING OUR PRAYER:** This module will give the opportunity to further deepen our prayer. We will also look at some of the difficulties that can occur in prayer and how we can work creatively with them.
- 3. IMAGES OF GOD AND SELF:** We all carry around inside us images of God, some are creative and life-enhancing whilst others are less helpful. They largely determine how we see and relate to our self, to others and to our world. In this module we will explore and unpack our images of God, seeing how they shape and are shaped by our life experiences.

**Second year** from January 2010 comprising 3 modules:

- 4. DISCERNMENT:** Drawing on the life and tradition of St Ignatius and using his rules of discernment, we seek to grow in awareness of God's movement in our daily lives.
- 5. DECISION MAKING:** Building on the previous module on discernment we explore the process of decision making in faith in the hope that we may become freer to respond to God in our life choices.
- 6. PRACTICAL APPLICATIONS:** Reflecting on the journey of the past two years we will look at the areas of growth and change in our lives and how this may affect our present and future callings. The aim is to help each one discover how to use the learning from this course in ministry in daily life.

## APPROACHES TO LEARNING

The course is designed to be largely experiential with some theoretical input. Most evenings will give time for personal prayer and reflection and for listening to and sharing experiences in small and large groups.

Each term you will be invited to write an un-assessed essay of about 1500 words to help reflect on your growth points and to relate your learning to your life experience. You will also have the opportunity of an individual termly tutorial to explore this further.

## PARTICIPANTS

The course is open to all adults of any Christian denomination, but the number of places will be limited. It will start on January 15th 2009 and run for six terms, each year will consist of 30 Thursday evenings (7-9.30pm) and 3 or 4 Saturdays (10am-4.00pm)

The nature and continuity of the course means that the maximum benefit will be gained by those able to commit themselves to all sessions. Course members will be encouraged to have a spiritual director and, if needed, help will be given in finding a suitable person.

## COURSE TEAM

**Geraldine Casswell** is a clinical psychologist working with young people and their families in the NHS. She is interested in how our faith journeys develop through the life span.

**Susan Collier** is an Anglican priest. Her time is shared between parish ministry and spiritual direction. Previously she worked as a hospice doctor.

**Cecilia Goodman** is a member of the CJ community at St. Bede's Pastoral Centre. She has considerable experience in spiritual direction and retreat giving. Her professional background is in education.