

**PERSONAL & SPIRITUAL DEVELOPMENT**  
**Growing in personal awareness, spiritual  
practice and reflective living**

**SEPTEMBER 2020 - JULY 2022**  
**St. Bede's Pastoral Centre, York**



*'I have come that they might have life, life to the full. - John 10:10*

**PSD...**

...is a 2 year course providing safe space to deepen relationship  
with God and explore its expression in our everyday context

...is primarily experiential and broadly based on Ignatian spirituality

...is rooted in the premise that deepening our awareness of God and  
ourselves go hand-in-hand and enable greater integration in our own  
lives, in our community life and in the life of creation

## THE COURSE OUTLINE

The course takes place in an ecumenical context, starting with an opening Saturday on 19th September 2020 and running for 6 terms.

Each term consists of 10 Tuesday mornings (10am to 12.20pm) and one Saturday (10am to 3:30pm).

A typical session includes: a short input on an aspect of prayer or faith development; a time for personal reflection and prayer; and, a time of sharing in a small group. Materials for prayer and reflection are offered between sessions. A short reflective piece of work is invited at the end of each term which can be undertaken in a range of different ways depending on participants preferred mode of expression.

The key aim of the course is to support and foster greater integration between our relationship with God and the matter of our everyday life and personhood.

Including opportunities for both personal and small group reflection, the course seeks to do this through a two stage process:

- in year one, we focus on developing and deepening experience of different ways of praying alongside facilitating growth in self-awareness, personal reflection and reflective living practices
- in year two, we focus on ways of responding to what is happening in our prayer and reflective practice by developing capacity for spiritual discernment and skills in reflective decision making

The course seeks to utilise a range of creative approaches and media to suit different learning styles.

## PARTICIPANTS

This course is open to all adults of any Christian denomination. However, the number of places is limited to 18.

Potential participants need to give consideration to their preparedness to commit to a 2 year course which is both an individual and communal journey. In order to preserve the continuity of the group and for each to gain full benefit participants are encouraged to attend ALL sessions. Feedback from previous participants confirms - the more you put into the course, the more you get out.

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 office to have an informal conversation with one of the team.

## COURSE TEAM

**Marion Bettenworth CJ** is trained in Ignatian spiritual accompaniment with a background in social work and parish ministry

**Geraldine Casswell** previously worked as a clinical psychologist in the NHS. Currently she provides some clinical supervision and spiritual direction.

**Margaret Castro** works as a spiritual director, and a Jungian analytical psychotherapist

**Andrew De Smet** is an Anglican priest, counsellor, psychotherapist and spiritual director.

**Julia MacDonald** is Director of St. Bede's, a spiritual director trained in Ignatian spirituality with interests in ecology, cosmology and creativity

## COST

The fee for the course is £480 a year, payable in termly instalments of £160. Bursaries are available for those on a limited income so please do enquire if cost is an issue.

## TASTER SESSION & COURSE DATES FOR YEAR 1

If you are considering this course it would be very helpful to come to the taster morning on **TUESDAY 5<sup>th</sup> MAY from 10m to 12.20pm**. Please contact the office to book a place.

AUTUMN – Sept 19, 22, 29, Oct 06, 13, 20, Nov 03, 10, 17, 24, Dec 01

SPRING – Jan 12, 19, 26, Feb 02, 09, 23, 27, March 02, 09, 16, 23

SUMMER – April 27, May 04, 11, 18, 25, June 08, 12, 15, 22, 29 July 06

## APPLICATIONS

As places on the course are limited potential participants are invited to submit an application to apply for a place. Applicants may be invited for an informal exploratory conversation following submission of their application. Application forms can be downloaded from the St. Bede's website or requested from the office.

**The closing date for applications is Friday 29th May 2019.** The team will aim to notify successful applicants by mid June.

Please send completed application forms to: Geraldine Casswell,  
c/o St Bede's Pastoral Centre, 21 Blossom Street, YORK YO24 1AQ.

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