

## 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 evening on **THURSDAY 11<sup>th</sup> APRIL from 7pm to 9pm**. Please contact the office to book a place.

AUTUMN – Sept 21, 26, Oct 3, 10, 17, 24, Nov 7, 14, 21, 28, Dec 5

SPRING – Jan 16, 23, 30, Feb 6, 13, 27, 29, March 5, 12, 19, 26

SUMMER – April 23, 30, May 7, 14, 21, June 4, 6, 11, 18, 25, July 2

## APPLICATIONS

As places on the course are limited potential participants are invited to submit an application to apply for a place. Application forms can be downloaded from the St. Bede's website or requested from the office.

**The closing date for applications is Friday 3<sup>rd</sup> May 2019.** The team will aim to notify successful applicants at the end of May.

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

**St Bede's Pastoral Centre**  
**21 Blossom Street, York. YO24 1AQ**  
**Tel: 01904 464900**

**admin@stbedes.org.uk   www.stbedes.org.uk**

# PERSONAL & SPIRITUAL DEVELOPMENT

## Growing in personal awareness, spiritual practice and reflective living

SEPTEMBER 2019 - JULY 2021  
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 it's 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 21 September 2019 and running for 6 terms.

Each term consists of 10 Thursday evenings (7pm to 9.20pm) and one Saturday (10am to 3:30pm).

A typical evening 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 30.

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

**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, is trained in Ignatian spirituality with interests in ecology, cosmology and creativity.

**Barbara Martin** is a spiritual director. Previously she worked in primary education.