

## COURSE COST

£800 -1,000, depending on numbers, payable in full at the beginning of the course, or in three termly instalments. A non-returnable deposit of £100 is required on acceptance on the course which will form part of the full fees. Some bursaries may be available from the SpiDir Network, and there are other sources of funding to explore. For example:

- Anglican clergy and LLMs may be eligible for CME grants, or their equivalent, to cover some of the costs.
- The Society of Retreat Conductors – Apply at least 3 months prior to beginning of the course. For further details and application form email: [redingtonkathy@hotmail.com](mailto:redingtonkathy@hotmail.com).
- The Women's Continuing Ministerial Education Trust – Applications considered quarterly in February, May, July and October. For women in the Church of England and the Scottish Episcopal Church ordained or accredited lay workers including Church Army and religious sisters. Email [tim.ling@churchofengland.org](mailto:tim.ling@churchofengland.org). Tel: 020 7898 1408.
- The Retreat Association. [www.retreats.org.uk](http://www.retreats.org.uk) – Contact them to enquire about bursaries for spiritual direction training.

## COURSE APPLICATION

**To apply or for further information please contact Nick Gallant:**

Email: [info@spidirnetwork.org.uk](mailto:info@spidirnetwork.org.uk). Tel: 07813 886806

Website: [www.spidirnetwork.org.uk](http://www.spidirnetwork.org.uk)

**Please note:** All applications will be considered by the tutors as they are received and responded to as soon as conveniently possible; applicants will then be invited for interview.

## COURSE ENRICHMENT

**Ripon College Cuddesdon offers additional benefits to students, to:**

- Become 'External Readers' of the Cuddesdon Library for £27.50pa.
- Attend their lecture series (see website for details and cost).
- Attend the Cuddesdon School of Theology and Ministry Study Days (see website for details and cost).



# SPIRITUAL DIRECTION

A One Year, Ecumenical, Introductory Training Course



ONLINE from OCTOBER 2022 to JUNE 2023



## COURSE PURPOSE

This course is for anyone who finds themselves accompanying others on their spiritual journey; this may be in a formal capacity as a minister, pastoral assistant or mentor, or perhaps you have noticed that others turn to you as a listening ear. This course is ideal for all those who would like to explore the ministry of spiritual direction whether ordained or lay.

### The course aims to:

- Explore the relationship of spiritual direction in the light of our own life experience and of the experience of being alongside others.
- Develop skills, understanding and resources for accompanying and encouraging personal growth and fulfilment.
- Nurture a growing competence and awareness of our own sense of vocation, in relation to the Christian tradition of spiritual direction.

## COURSE CONTENT

The course will consist of three terms. Each day (Thursdays) runs from 10.30am to 4.00pm. A dedicated Zoom link, and secure online student portal for access to course resources and materials, will be provided.

### The course content will include:

- An experience of different forms of prayer.
- An experiential session in which an aspect of the practice of spiritual direction will be explored. This will include reflecting on our own experience, the use of role-play, and directing and being directed in small working groups.
- A theoretical session in which the background to spiritual direction will be explored, which will involve:
  - Biblical and theological perspectives.
  - Themes within Christian spirituality and spiritual direction.
  - Issues concerned with human personality and growth.
- Appraisals, which will take place twice within the year.

## COURSE DATES (Thursdays)

**Term 1 (2022):** October 6, 13, 20; November 10, 17, 24; December 1, 8.

**Term 2 (2023):** January 12, 19, 26; February 2, 23; March 2, 9, 16.

**Term 3 (2023):** April 20, 27; May 4, 11, 18; June 8, 15, 22.

## COURSE COMMITMENT

### Participants are required to:

- Be receiving regular ongoing spiritual direction. *If you do not have a spiritual director at this time, please contact the SpiDir Network for a list of spiritual directors [www.spidirnetwork.org.uk](http://www.spidirnetwork.org.uk).*
- Complete assignments and recommended reading to assist reflection and learning.
- Be open and willing to working with their own experience within the group context.
- Participate in self, peer and course evaluation to assist constructive development of self and others.

A Certificate of Completion will be presented at the end of the year to all students who have attended at least 80% of the course, completed all assignments and paid all fees.

## COURSE TUTORS

### The course is led by experienced spiritual directors and teachers both lay and ordained, and occasional guest tutors with specific expertise:

**Joanna Gallant** is Vicar of St Francis of Assisi, Terriers, and was founder and Executive Director of Pelagos Spirituality & Retreat Centre from 2009-2019. She also ministers in a broader context of Christian spirituality as a teacher, spiritual director, supervisor, retreat leader and guide for the Ignatian Exercises. Joanna has an MA in Christian Spirituality from Heythrop College and loves walking with her husband and their black Labrador by the coast.

**Nick Gallant** is a spiritual director, tutor and supervisor, and was co-founder and Communications Director of Pelagos Spirituality & Retreat Centre from 2009-2019. He studied at the London Centre for Spirituality where he learned to give the Ignatian Exercises, and is currently writing a series of books on Ignatian spirituality. Nick has a passion for helping others deepen their spirituality and realize their true potential in life. As a former professional musician, Nick loves to minister through music.

**Beryl Maw** is an Oblate with an Anglican Contemplative Community. She has a background in teaching, art and spiritual formation including offering retreat days and spiritual direction. She also enjoys walking, painting and nature.