



Spiritual Direction Network

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www.spidnetwork.org.uk

Watering the Garden 2021/22



A refresher training opportunity

Open to all those exercising the ministry of spiritual direction and who are in supervision.

**Tuesdays 10.30am - 4pm at Douai Abbey, Reading RG7 5TQ (4 sessions)
and Zoom 10am – 1pm (2 sessions)**

If Covid conditions and regulations prevent us from meeting in person, the 4 in person sessions planned at Douai Abbey will be delivered on-line via Zoom.

Programme

Tuesday 2 November 2021 Douai Abbey 10.30am - 4pm

The Enneagram and how our Defences can affect Spiritual Direction with Alan Hodgetts and Terry Wood

Our defences are so automatic, that without awareness they can influence our open heartedness in Spiritual Direction.

“Understanding our defences, when and how they are activated, is one of the most valuable applications of the Enneagram. It’s a key to remembering ourselves, our true needs and priorities, and to staying open hearted in our relationships.”

(Peter O’Hanrahan).

Our exciting day together assumes you are familiar with your Enneagram Type and its Passion and Virtue. If you are unsure, please contact alanhodgetts@btinternet.com – Terry and Alan can offer Typing Interviews to prepare you for our day at Douai.

Alan Hodgetts is an Ignatian trained Spiritual Director who has been practising for over 20 years and a qualified Narrative Enneagram Teacher and Practitioner.

Terry Wood is on a similar path of certification to Alan through the UK group of the Narrative Tradition (www.eneagramtraining.co.uk).

Tuesday 9 November 2021 (half-day on Zoom) 10am -1pm

Changing Times: Accompanying people through times of uncertainty with Christopher Chapman

We will explore the role of spiritual directors in helping those they accompany live with mystery. We like to manage and understand our experience. How do we encounter God when the present is ever-changing and the future is uncertain?

Christopher Chapman is a spiritual director, retreat leader and writer. Formerly Spirituality Advisor for the Anglican Diocese of Southwark, he is associate tutor for St Augustine's College of Theology and a guest Director for IGR's at St Bueno's. He is the author of Seeing in the Dark, Earthed in God and Send my Roots Rain. He lives in Canterbury, Kent.

Tuesday 23 November 2021 Douai Abbey 10.30am - 4pm

Understanding Mental Health within Spiritual Direction with Dr Hilary Garraway

This day will provide an opportunity to discuss issues which arise in spiritual direction when directees have mental health difficulties and to learn from each other's experience. You will have the opportunity to gain an overview of the different mental health presentations with time for discussion and reflection. We will also consider the difference between therapy and spiritual direction and when directees may need to seek help from mental health professionals and the role of spiritual directors within this. The day will conclude with an introduction to a holistic approach to therapy that integrates Ignatian spirituality with Cognitive Behaviour Therapy (CBT).

Dr Hilary Garraway is a consultant clinical psychologist and accredited CBT therapist, supervisor and trainer working in the NHS. She is currently Adult Psychology Lead for Enfield but prior to this role she worked in Early Intervention in Psychosis Teams. Hilary has been a therapist for over thirty years and has worked in a range of settings including residential child care, youth and community work, primary health care and the voluntary sector. She provides teaching about spirituality within therapy and working with religious delusions in psychosis on psychology training courses at various universities. Hilary trained as a spiritual director through the Chelmsford diocese and she is part of 'Contemplative Fire' - a new monastic community.

Tuesday 1 February 2022 (half-day on Zoom)10am -1pm

Exploring Spiritual Abuse with Anne Solomon

What is spiritual abuse? What impact can the experience of spiritual abuse have on people's lives and spiritual journey? What may be going on at a psychological level when religious leaders consciously or unconsciously inflict spiritual abuse on others? This workshop will help spiritual directors look at what spiritual abuse is, consider the thresholds of how it could manifest in spiritual direction work and how we hold safe and secure space for others. We will also begin to take a look at some of the issues of working in spiritual accompaniment with a directee who feels they have experienced spiritual abuse in a religious context.

Anne Solomon is a tutor on the Gloucestershire Spiritual Direction Course, supports other formation programmes and runs workshops for experienced spiritual accompaniers. Also a Chartered Psychologist AFBPsS with an MA in Religion and Society, and Divinity awards, she works and writes within the fruitful dialogue between spirituality and psychology. Always in this work Anne carries a particular heart for ethics in soul care settings. www.spiritual-life.co.uk

Tuesday 8 February 2022 Douai Abbey 10.30am - 4pm

Creative use of Images in Spiritual Direction with Beryl Maw

The day will explore the use of images and imagery in spiritual direction as a way of facilitating spiritual understanding and growth. There will be creative activities that explore ideas and responses to bible passages, poetry, paintings and photography, as well as opportunities for sharing and discussion. The aim is to develop an appreciation of the significance of the creative process as part of the spiritual journey and offer ways that directors can draw on with their directees.

Beryl Maw is a spiritual director, art maker and Oblate with an Anglican Contemplative Order. She has a particular interest in creativity and the spiritual journey. She organises and leads Quiet Days and workshops. This year she has co-tutored on the Introductory Course to Spiritual Direction.

Tuesday 22 February 2022 Douai Abbey 10.30am - 4pm

Quiet Day: Preparing to Celebrate the season of Lent with Angela Wills

Perhaps our hearts sink a little as we notice that Lent is coming round again? Many of us will be called on to feed and inspire others in the coming weeks – and maybe already we can feel the guilt about what we should or should not be doing.

The day is an invitation to take time to turn aside from all that busyness and turn, like Moses, towards “*the miracle of the lit bush*” (RS Thomas: The Bright Field). It will be a time to explore gently what gifts the Lord wants to offer each of us personally this Lent. We will draw on poetry, music, and scripture – and lots of quiet contemplation.

Angela Wills is a Spiritual Director and a member of Portsmouth (RC) Diocesan Spirituality Formation Team. She has been involved in Adult Education most of her life, firstly teaching Modern Languages. Later, she took a BA in Theology and subsequently worked for 10 years as an Advisor in Collaborative Ministry for Portsmouth Diocesan Department for Pastoral Formation. She has an MA in Biblical Studies and particularly enjoys working with groups to make the Scriptures become alive and accessible.

Booking Details

The cost of each session at Douai Abbey is £30

Drinks are provided: please bring a packed lunch

The cost of each Zoom half-day session is £10

How to Book

All Bookings at www.SpiDirBBO.eventbrite.com

Bookings can be made from 1st September 2021 and numbers are limited.

If you are unable to book online, please send a cheque for £30 per session at Douai and £10 per session on Zoom, payable to *SpiDir Network* and post to:

Angela Wills, 46 Liebenrood Road, RG30 2EB

For all further information please contact Angela Wills
Angela.Wills@btinternet.com

or

Tel. 07952 775811