

# Christian Spiritual Growth

## ***Application***

To apply, please complete the enclosed application form and return it to:

Fiona Bowkett  
[mdt@hereford.anglican.org](mailto:mdt@hereford.anglican.org)

Christian Spirituality Course,  
MDT, Diocese of Hereford,  
Ludlow Eco Park,  
Ludlow, SY8 1FD

## ***For further information please contact:***

Pat Helm [pat@thehelm.me.uk](mailto:pat@thehelm.me.uk)

Elaine Goddard [ecg@ecgoddard.co.uk](mailto:ecg@ecgoddard.co.uk)

If there is no application form attached,  
contact [mdt@hereford.anglican.org](mailto:mdt@hereford.anglican.org) 01584 871085



## **Listening to God, Self and Others**

**April 2016 – March 2017**

The course seeks to enable the growing and deepening of your relationship with God, prayer and spiritual awareness.

It provides a safe context for exploring approaches to prayer, your own spiritual dynamics and sharing faith journeys with others.

The course and its predecessors have run in the Hereford Diocese for over 10 years and have been highly valued.



Diocese of Hereford

## **Christian Spiritual Growth Course**

Meeting each month over a year, the course offers an experiential approach to spiritual growth. The days offer an opportunity to explore your own spirituality and relationship with God as well as engage with some of the riches of the wider Christian spiritual tradition. It also includes a weekend retreat at Llangasty.

The shape of a typical day is:

- an extended time of personal prayer (a different approach is offered each month)
- an opportunity to share personal experience of prayer and listen to other's experiences in small groups.
- exploration of a variety of themes relevant to prayer, the spiritual life and spiritual growth

Topics explored include:

- Faith journeys and spiritual growth
- Listening to God, listening to ourselves, listening to others.
- Approaches to prayer
- Some significant spiritual traditions.
- Creativity and spirituality.
- Images of God.
- Discernment and decision making.
- Finding God on the margins.
- The value of silence!

### **Who is this course for?**

It is valuable for both ordained and lay people; for those who are sure in their faith and those who are searching; for those daring to go deeper with God in prayer and with others.

The requirements for participation are:

- a desire to engage in a journey, seeking a deeper relationship with God and to grow in faith.
- a commitment to participation in all sessions and the retreat.

### **Where?**

At Hennor House, near Leominster

### **When?**

Thursdays 10am to 4pm.

2016: 14 April, 12 May, 9 June, 14 July, 8 Sept, 13 Oct, 10 Nov, 08 Dec.

2017: 12 Jan, 9 Feb.

The weekend residential retreat (at Llangasty) will be in October 2016.

### **Leaders**

This course is run under the auspices of the Diocese of Hereford by a team, lay and ordained, who bring a mix of experience of their own spiritual journeys and involvement in this work. The core team is Pat Helm, Elaine Goddard and Frances Pullen. Nick Helm and others will contribute to the programme.

### **Cost**

The course fee is £365 covering all costs including the retreat. This can be paid in instalments. Please don't let cost prevent you from applying. Clergy may use their CMD Grant towards this. There are various sources of support that we can help identify.

### **Taster Sessions**

If reading this has aroused your interest, come along to a taster.

- Ludlow: 26<sup>th</sup> November, Ludlow Mascall Centre 2.30-4.00pm
- Leominster: 4<sup>th</sup> February 2016, The Forbury Chapel 7.30-9.00pm

Please book with Fiona Bowkett (contact details overleaf)