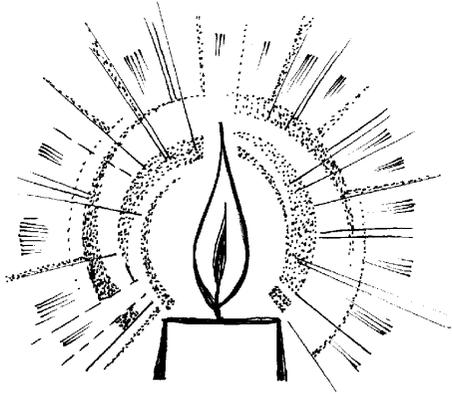


# Course in SPIRITUAL DIRECTION



a sacred space  
a shared listening  
a sacramental hospitality



An experiential learning opportunity  
for those who listen and pray with others



**Autumn 2019 – Spring 2021**  
at  
**The Chelmsford Diocesan  
House of Retreat, Pleshey, Essex**

## Course in Spiritual Direction

**Spiritual Direction** is a one-to-one ministry of prayer and listening. The Course in Spiritual Direction is an ecumenical one, which has been offered for some thirty years and is open to lay and ordained people of all church traditions. It takes place at the Retreat House in Pleshey, a quiet place, offering space for prayerful reflection and spiritual renewal.

**The Aim of the Course** is to provide an opportunity for course members to grow in spirituality and personal development. Through shared experience, participants will be challenged to a deeper awareness and effectiveness as they help others discover what God is doing in their lives.

**The Course Members** will be a group of up to twenty people who are engaged in one-to-one prayer or listening. They will be open to growth, willing to share at a deep level and ready to accept supervision. They should have a mature faith, be emotionally stable and be prepared to bring responsible and wholehearted commitment to the Course.

**The Course Programme** runs from September 2019 to March 2021. It includes three residential periods and fourteen whole days. Residential periods will take place as follows: 17-19 Sept 2019; 15-16 Jan 2020; 15-17 Sept 2020. Course Days are usually on the first Thursday of each month. The day begins at 9.30am and ends at 4.00pm.

**Methodology** Prayer, reflection, discussion and discernment will be used alongside input and practical exercises in this experiential course.

**The course will explore** the nature of Spiritual Direction; individual faith journeys and spiritual pilgrimage; listening skills; images of God; different traditions of spirituality; the interface between spirituality, gender, personality and human development; and the practical skills needed in Spiritual Direction.

## Visit our website: [www.cisd-essex.net](http://www.cisd-essex.net)

**The Course** is planned and facilitated by a Core Group who bring the experience of having previously participated in the course. They are:

- Valerie Thompson (*Church of England*)
- Lynsey Heslegrave (*Baptist*)
- Graham Dowling (*Church of England*)
- Jackie Sams (*Church of England*)
- Clive Russell (*Church of England*)

### Consultants to the Core Group:

- Philip Banks (Canon Precentor at Bury St Edmunds Cathedral)
- Ann Coleman (Spiritual Direction Co-ordinator, Chelmsford Diocese and Trustee of the London Centre for Spiritual Direction)

### Applications

Application forms, **which must be completed and returned by Friday 15th March 2019**, can be obtained from Valerie Thompson:

**Tel.** 020 8590 0813

**Email** [valmrst@hotmail.com](mailto:valmrst@hotmail.com)

Valerie is also able to answer other questions you may have about the course.

*Prospective candidates will be invited for interview. The aim of the selection process is to discern whether the course is appropriate for the candidate at this time. Selection interviews will take place at the Diocesan House of Retreat at Pleshey on 8th & 9th May 2019. Those selected will be asked to confirm their place by the end of May 2019.*

**The total Course fee** is £1,200. A deposit of £200 is required. The course may be paid for in full or in a further 20 monthly installments of £50 by direct debit. Ministerial grants may apply. Fees include all accommodation, food and refreshments.