

➤ **What is the course about?**

Listening to God and learning to listen attentively to another person, is a time-honoured tradition and discipline within Christian pastoral care and spiritual growth. The course is experiential and practical.

Topics include: Our images of God; theory and the practice of spiritual direction; models of faith accompaniment; theological reflection; Ignatian Discernment; prayer and Scripture; personality, sexuality in spiritual direction; good practice and supervision.

➤ **How is it taught?**

The varied ways of learning include presentations from the tutors each day and at the weekend, opportunities for shared experience, time for personal reflection, journaling, small group work, triads to practice listening skills (directee, director, observer), individual mentoring, the opportunity to review two books of the student's choice and compiling a portfolio of resources for future ministry.

➤ **Who is it for?**

This six month course lays the foundations for those new to faith accompaniment. Those from all Christian denominations are welcome and the course is ecumenical in approach.

Some people undertake the course unsure whether they will offer faith accompaniment to others. Others are already listening to parishioners or people in everyday life and feel the time is right to reflect and refresh their ministry.

All applications will be considered as they are received. Applicants will receive an invitation to an interview with a couple of the tutors to ascertain that it is the right course and the right timing for them.

➤ **What are the costs?**

The course cost £450 which covers the days at Tabor, a residential weekend at Hying Monastery and Course materials which make up a handbook. The tutors are offering their time and experience to establish the course in Lancashire, so costs are kept as low as possible.

Tea & coffee is provided but participants bring their own lunch.

Many people find their own church is willing to help fund this course.

Participants from the Diocese of Blackburn should enquire about grants from the Diocese, as well as their own church family.

➤ **Who are the tutors?**

Nick Mansfield: Nick is Warden of Spiritual Directors in the Diocese of Blackburn. He is a Parish Priest with experience of receiving and offering Spiritual Direction and has led retreats, especially for people with learning difficulties.

Tricia Impey: Alongside parish ministry Tricia has experience as a tutor in this field. She has led retreats, quiet days, prayer workshops and been involved in weeks of guided prayer, as well as Spiritual Direction.

Hugh Kidd: Hugh has been involved in previous courses, led Quiet Days and run several Soul Spark courses exploring prayer and spiritual growth. He is particularly interested in the inner spiritual journey invited by the outward challenges of our times.

Margaret Arrowsmith: Margaret has experience as a psychotherapist, trainer and tutor. She has contributed to retreat days, group work and a range of events involving spirituality and also provides Spiritual Accompaniment.