

EXPLORING CHRISTIAN SPIRITUALITY - *an Introductory Course*

The Purpose of the Course is to:

- ✦ widen participants understanding of the subject;
- ✦ offer an initial Course for those considering further study, or who feel called to train as Spiritual Director's;
- ✦ assist those seeking a means of learning and experiencing new forms of prayer;
- ✦ provide an introduction to Spirituality for those who feel a call to train as Spiritual Directors;
- ✦ deliver an introduction to some of the great traditions of Christian Spirituality.

The work of the course is organised into three modules over two terms. Each module is delivered via:

- Taught sessions;
- Experiential participation;
- Directed reading;
- Group discussion.

Learning is evidenced by:

- Written assignments;
- Participation in group sharing;
- Individual appraisal with tutor.

In addition, each participant will have one individual tutorial per term and be invited to complete a personal review and evaluation of their experience during the Course.

Module	Content	Aims <i>This module aims to give participants the opportunity to:</i>	Learning Outcomes <i>On completion of this module participants will:</i>
☞ Laying The Foundations	<ul style="list-style-type: none"> • Introductory session • Who am I? • How do we grow? • Who is God? (Naming the Other) • What does the Bible say? • What is prayer: 1 & 2 • Contemplation in action • Spiritual Direction 	<ul style="list-style-type: none"> • Explore their hopes, expectations and fears • Reflect on and share as much as they choose of their spiritual journey • Talk within the group about important influences (books, people, places, etc.) on their spirituality • Reflect on how we develop and connect this with their own life story • Reflect on their past and present experiences of the Divine • Explore ways in which we can understand and make use of the Bible in spirituality • Experience some different ways of praying from the Christian tradition and share in the group about what they have found helpful or unhelpful • Take part in an extended Eucharist 	<ul style="list-style-type: none"> • Have met each other and the tutors • Write their own definition of spirituality • Have received guidance for reading around the topics and in preparation for each session • Practised 'holy listening' within the group • Understand some models of human and faith development • Appreciate the importance of exploring our images of God • Understand basic biblical themes and consider the uniqueness of Christian spirituality • Have explored different meanings of the terms 'prayer' and 'spirituality' • Understand what is meant by 'distraction' in prayer • Appreciate the importance of spiritual direction in the Christian tradition

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✘ The Wisdom Of The Ages	<ul style="list-style-type: none"> • Creation – Orthodox & Celtic themes • Benedictine / Carmelite / Franciscan / Ignatian spiritualities 	<ul style="list-style-type: none"> • Learn about the spiritualities covered • Experience some of the ways of praying which have grown out of these traditions 	<ul style="list-style-type: none"> • Understand something of the breadth – and connectedness –of Christian spirituality • Make a presentation to the group of the way in which a ‘spiritual classic’ has influenced them
📖 The Witness Of Scripture And Life	<ul style="list-style-type: none"> • Spirituality and liberation • Incarnational spirituality • Spirituality and the Passion (prayer beyond the beginnings) • Spirituality and renewal • Leave-taking ceremonies and celebration 	<ul style="list-style-type: none"> • Explore themes of exodus and liberation in the context of Christian spirituality • Explore themes of Incarnation, Passion and Resurrection and share their own experiences in the group • Reflect, in the group and with their tutor, on their experience of the course and what might be the next step for them 	<ul style="list-style-type: none"> • Have worked in pairs and in the whole group on questions around the theme of spirituality and liberation • Have considered the roles of the body, senses and art in spirituality and prayer • Consider the experience of the ‘absence’ of God in prayer • Know about some further resources: retreats, courses etc. • Consider their own call to apostolic service • Create a closing liturgy to reflect their experience of leave-taking from the course