

The Course Aims to:

- help you reflect on your own spiritual journey;
- learn about different ways of praying;
- develop your own spirituality;
- introduce you to the art of Spiritual Direction;
- help you explore how to integrate prayer and life;
- learn about some of the great traditions of Christian Spirituality (eg. *Benedictine, Franciscan etc.*).
- reflect on Biblical themes and insights into the life of the Spirit.

The Course will:

- offer opportunities to work in small and large groups;
- offer a reflective approach in which to make your exploration;
- provide opportunities of individual tutoring where necessary;
- provide a weekly period of meditation.

The Course is open to people of all traditions, those of other faith groups, and any who are interested in exploring the theme of Christian Spirituality.

The Course comprises three Modules and runs for nineteen sessions over two terms. There will be a break for Christmas and Easter.

Course Modules:

- *Preparing the Ground: looking at images of God through personal experience, scripture and prayer;*
- *The Wisdom of the Ages: an introduction to some of the main traditions of Christian spirituality;*
- *The Witness of Scripture and Life: how biblical themes can inform our spirituality.*

This Course is intended to be experiential rather than academic – to complement personal journeys in spiritual development – and some may find the pace gentler than in other Courses.

Those who participate are asked to be generous in sharing their wisdom and may sometimes be challenged to find new riches as traditions of Christian spirituality are explored.

To aid this process participants are invited to keep a reflective log through the year, the fruits of which are shared with their tutor. There are also some written assignments to aid the process of learning.

Course leaders: John-Francis Friendship and Nicola Mason

It is offered in the context of the work of the *London Spirituality Centre* and forms an ideal preparation for other Courses on offer from the Centre.

“My love is as the hills,
the lonely valleys clad with forest trees.
The rushing, sounding rills,
Strange isles in distant seas,
Lover-like whisperings,
murmurs of the breeze.

My love is the hush-of-night,
Is dawn’s first breathing’s
in the heavens above,
Still music veiled from sight,
Calm that can echoes move,
The feast that brings new strength –
The feast of love.”
S. John of the Cross

Spirituality is not the preserve of a few, chosen,
holy, unique individuals.
It is the means by which we all find our
meaning and purpose in life.

“The crown of God’s creation is a human
being, made in the image of God
and possessing an affinity to him
in virtue of which he may come to **know** him,
to **love** him and, in the end, to **see** him”
Bishop Michael Ramsey

“May the God of our Lord Jesus Christ
the Father of Glory
give you a spirit of wisdom and perception
of what is revealed
to bring you to full knowledge of Him.
May God enlighten the eyes of your mind...”
Ephesians 1: 17