

SOUL FOOD



Soul Food – a course for anyone who wants to grow in responsiveness to God. With an awareness of some of the Christian prayer traditions, tutors journey with participants to develop reflection (noticing the movements of the Spirit), an awareness of personality and prayer, and the use of silence, solitude, the Bible and our imaginations as helps to develop intimacy with God.

We hope to run the course over six days 10am-3pm approximately monthly in 2021, online if necessary.

Cost: £144** (i.e. £24/day) less if online

This reflects the running cost of the course; however if cost presents an obstacle **please still apply as we may be able to help.

Courses are open to Christians from any church. More info on the link below. To discuss the courses, please email Charles Ruxton, Diocesan Spirituality Adviser charles.ruxton@trinitychurches.org .

APPLY : See overleaf and post or go to the following link and click 'Application Form' - <https://www.lichfield.anglican.org/spiritual-direction-courses/>

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APPLY FOR 'SOUL FOOD'

This course is about *doing* prayer. So a typical session will include time for prayer (using different ways of praying), personal reflection and listening to one another, as well as some teaching from the front. There won't be long essays to write; the 'homework' is to spend some time each day praying.

Course dates:

To be confirmed

If you wish to express your interest at this stage, please see below

There is no entrance requirement for this course other than a desire to grow in prayer. This is likely to be expressed in:

- ❖ A willingness to talk about your prayer life;
- ❖ A sense of (or desire for) community with other praying people;
- ❖ A commitment to attend all the course sessions.

If you would like to join one of the courses, please email or write to Charles Ruxton (Diocesan Spirituality Adviser, address below) with the following:

1. A paragraph or two on your experience of prayer and how you hope the course will help you.
2. Any access requirements (e.g. wheelchair access, large text, etc.)? Do you have views about doing the course online?

(remember to include your address, phone and email please!)

Charles Ruxton is at charles.ruxton@trinitychurches.org
New Place, Rowley Westbury Shrops SY5 9RY.

All of the information you provide will be confidential to the Tutor Team (including Diocesan Spirituality Adviser). It will only be used for course administration and will not be passed on to anyone beyond the Tutor Team. If you would prefer your details not to be recorded in this way, please let us know.

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