

Spirituality resources provided by the Diocese of Lichfield

Journeys in Prayer

Journeys in Prayer is a series of workshops on prayer, arranged by the local church or deanery, using leaders from the diocesan Journeys in Prayer Team.

The format is flexible, according to the needs of the local church, and may be:

- a series of weekly meetings, e.g. evenings in Lent
- a Quiet Day
- a parish weekend away
- a deanery or ecumenical event
- a series of Sunday evenings

The team currently has more than 30 members with a similar number of possible subjects for you to choose from.

If you are interested in having a Journey in Prayer, or would like more details, please contact:

Revd Charles Ruxton . 01743 891636
charles.ruxton@trinitychurches.org

Courses:

Meeting God in everyday life gives a brief introduction to ways of growing in prayer individually and as a group. It could be run in a parish or deanery to build up prayer life.

The course comprises four 2.5 hour sessions.

Enquiries: Revd Rod Clark
rod.clark1958@btinternet.com

Growing in prayer is a 6 day/ 12 evening course for those who wish to grow in intimacy with God. See separate leaflet.

Companions along the way is a course to train people for the ministry of Spiritual Direction. 80 contact hrs. See separate leaflet. Next course is planned for 2018. Contact:

Revd Charles Ruxton . 01743 891636
charles.ruxton@trinitychurches.org

Spiritual Direction

Many Christians value having somebody that they can talk to in confidence about their life under God. They are given many names, companion, spiritual director, soul friend etc. If you would like some help in finding such a person, or would like to have a chat about what such a relationship might be, a member of the team is a contact person in each Archdeaconry.

Wolverhampton Episcopal Area:

Pauline Shepherd: Tel: 01543 418451
email p.shepherd140@btinternet.com

Salop Episcopal Area:

Stephanie Fahie: Tel: 01743 588307
email steph.fahie@gmail.com

Stafford Episcopal Area:

Freda Bishop: Tel: 01782 372924
email freda.bishop@virgin.net

Parish/ Deanery guided prayer

Individuals are paired with Companions, meeting daily for a week, or perhaps weekly for a month, or for Lent. A marvellous way for any group to explore prayer.

Chris Polhill christine@reflectiongardens.org.uk

Lichfield Cathedral

For 1300 years, the Cathedral has been a place of pilgrimage, the Shrine of St Chad being the main focus. Even today, pilgrims come to pray at the shrine at the west end of the Lady Chapel. Nearby is an intercessions board, and prayers are offered daily for people in need, for parishes of the diocese and the wider church and national concerns.

Contact: Lichfield Cathedral, 19A The Close, Lichfield, Staffs WS13 7LD. Tel: 01543 306100
Email: enquiries@lichfield-cathedral.org

Shallowford House

Set in a 3.5 acre garden in open countryside the diocesan retreat and conference centre is the ideal setting for relaxation and renewal on events such as: organised or private retreat, parish weekend, away day, training event or conference.

The Warden, Shallowford House, Stone, ST15 0NZ. Tel:01785 760233.
warden@shallowfordhouse.freemove.co.uk

Dovedale House

The Diocesan Residential Youth Centre is the ideal venue for groups of all ages to explore their Christian faith in the beautiful Peak District hills

The Warden, Dovedale House, Ilam, Ashbourne, DE6 2AZ Tel: 01335 350365
warden@dovedale-house.org.uk

Diocesan Spirituality Team

The aim of the team is to be a diocesan resource for churches to encourage spiritual growth

Members of the team will be happy to help you find leaders for Quiet Days and Retreats.

Chair of Team: Charles Ruxton. 01743 891636
charles.ruxton@trinitychurches.org

Secretary: John Wedd: 01283 520650
rollawnjohn@gmail.com

Coordinator of Spiritual Companions:
Pauline Shepherd 01543 418451
p.shepherd140@btinternet.com

Spirituality Fair



The Team are available to put on a full day or half-day event with workshops on aspects of Christian prayer and a keynote speaker. This requires full commitment from the local Deanery or Area and preferably 9 months' notice.

More information about resources for spirituality and the Spirituality Team is available on the Diocese web site:

https://www.lichfield.anglican.org/spirituality_resources

Or follow 'Discovering the Heart of God' theme.



Other Centres for Spirituality in the Diocese

Cloverley Hall, Whitchurch
Managers: 01948 890688
www.cloverleyhall.org

Croft Meadows Farm, Horton, Leek
Mrs Irene Harrison 01782 513039
(and see www.rich57.co.uk/crocus/Horton.htm)

AMICA Centre, Ightfield, Market Drayton
Jill Poole 01948 890610
<http://amica.org.uk/AMICA%20Centre.html>

New Place, Rowley, Westbury
Rev Charles & Sylvia Ruxton 01743 891636
www.newplace.org.uk

The Quinta, Oswestry
Administrator 01691 773696
www.quinta.org.uk

Reflections, Cannock Wood, Rugeley
Rev Christine Polhill 01543 674474
www.reflectiongardens.org.uk

St Chad's House, Leek
Mike Fitzsimmons 01538 382483
www.leekparish.org.uk/chads.htm

St Chad's Boningale, Albrighton
Evelyn & Jess Harper 07767 390860
stcquietdays@yahoo.co.uk

Colwich Abbey
<http://www.colwichabbey.org.uk>

RESOURCES FOR SPIRITUALITY

IN THE DIOCESE OF LICHFIELD



Come follow Christ in the footsteps of St Chad