

## The Facilitators

**Victor Barley** has been a member of the Exploring Spirituality team for twelve years. He is particularly drawn to Ignatian Spirituality, including experience of Spiritual Exercises.

**Vivienne Bolton**, Multimedia Artist and Tertiary of the Third Order of Franciscans.

**Philip Hodgson**, who recently retired from a career in IT, attended this course previously and found it a very enlivening experience. He is being drawn to the guiding principles of Ignatian spirituality.

## Meet a former participant

“ Exploring Spirituality is just that, an exploration. An opportunity to touch on the rich history of Christian practice and thought, to spend time experiencing some of the different practices, to taste silence, to listen with our whole selves, to be heard, to share doubt and belief, laughter and tears, to travel this pilgrim route in very good company. A fortnightly spa for the soul. A valuable, kind, mirror in which to examine our lives. ”

Anne from Bath

For more information visit:  
[www.bathandwells.org.uk](http://www.bathandwells.org.uk)

## How does the course work?

The course runs roughly fortnightly for a year at Flourish House, Wells. It includes:

- Time to experience the tradition and make it your own
- A support group
- A Quiet Day
- Enneagram workshop

The cost is £150 payable in termly instalments of £50. There is also the possibility of an optional end of year retreat at an additional cost.

## How do I find out more?

First, have a word with your clergy about the course and its suitability for you.

For more information and to register interest see the website:

<https://www.bathandwells.org.uk/events-and-training/exploring-your-spiritual-journey/>

### Or contact

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# Exploring Your Spiritual Journey

2021-2022

“

For with you is the fountain of life;  
In your light we see light.

*Psalms 36:9*

”

## Who can do Exploring Spirituality?



If you:

- want to experience more of God
- are prepared to try new ways of praying
- are open to exploring God with people of different views and experiences
- want to explore your own spiritual journey
- would like to create a simple life guide

then this might be the course for you. The course is held in a Church of England setting but is open to people of all denominations, lay and ordained.

The only prerequisite is a desire to discover more about your inner journey and a commitment to attend regularly.

## Course dates for 2021-2022

Term 1 (2021)	
10 September	Introductions. Resources. Folder. Listening, discernment, journaling Categories of prayer. Reflection Groups.
17 September	Quiet Day at the Bishop's Palace with an optional shared meal.
08 October	Images of Self, Images of God Drawing Images. Letter to Self
22 October	Old Testament Spirituality, New Testament Spirituality. Psalm writing
05 November	Review day on Zoom to reflect together and share experience of the course so far
19 November	Desert Fathers and Mothers, Solitude and community
03 December	Incarnation; Eucharist. Bring and share lunch

Term 2 (2022)	
14 January	Benedictine Spirituality, Rhythm of Life, the Balanced Life, Lectio Divina
28 January	Evangelical Spirituality, Quiet Times, Relationships, personal bible study
11 February	Franciscan Spirituality, Prayer and nature, simplicity, poverty
25 February	Celtic Spirituality, a reverence for Creation, Nature/ Senses Prayer Walk
11 March	Thomas Merton, Richard Rohr, Introduction to the Enneagram

Term 2 Cont.	
Sat and Sun in March, TBA	Enneagram Weekend Saturday evening Meal in Wells (optional) Accommodation in Wells by own arrangements if needed.
25 March	Ware Spirituality Circle, Prayer and Personality
08 April	Carmelite Spirituality

Term 3	
22 April	Mother Julian of Norwich. Finding our hazelnuts – things that speak of God to today's world.
06 May	Ignatius of Loyola, imaginative prayer, and the Examen
20 May	Praying with Icons
10 June	The Way of the Marketplace
24 June	Contemporary Spirituality, spirituality in a post-Christian world
08 July	Spirituality in film, art, music and new monasticism
22 July	'Bread for the Journey'. Spiritual life history
04 - 05 August	Optional Retreat at Ammerdown, details TBA