

## 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

## How does the course work?

The course runs roughly fortnightly for a year at Flourish House, Wells, 10am - 3.30pm.

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.

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

## 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.

## 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:

[www.bathandwells.org.uk/exploring-your-spiritual-journey/](http://www.bathandwells.org.uk/exploring-your-spiritual-journey/)

Or contact

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# Exploring Your Spiritual Journey

2023 - 2024

“

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 2023 - 2024

### Term 1 (2023)

8 September **Prayer and Spirituality I:** Introductions. Resources. Folder. Listening. Structure of course.

22 September **Prayer and Spirituality II:** Quiet Day at Wells Museum with an optional shared meal.

6 October **Prayer and Spirituality III:** Images of Self, Images of God.

20 October **Christian Prayer Roots I:** Old Testament Spirituality, New Testament Spirituality.

27 October **Christian Prayer Roots II:** Desert Fathers and Mothers, Solitude and Community.

1 December **The Disciplined Life I:** Benedictine Spirituality, the Balanced Life and Christian Meditation.

8 December **Christian Prayer Roots III:** Eucharist and Incarnation.

### Term 2 (2024)

5 January **The Disciplined Life II:** Evangelical Spirituality.

12 January **Prayer and Creation I:** Franciscan Spirituality.

19 January **Introduction to the Enneagram.**

Fri 2 & Sat 3 February **Prayer and Self I:** The Enneagram.

### Term 2 continued

23 February **Prayer and Creation II:** Celtic Spirituality.

1 March **Prayer and Self II:** Ware Spirituality Circle, Prayer and Personality.

8 March **Prayer and Self III:** Thomas Merton, Richard Rohr.

22 March **Contemplative Spirituality I:** Carmelite Spirituality.

### Term 3 (2024)

19 April **Contemplative Spirituality II:** Mother Julian of Norwich.

26 April **Contemplative Spirituality III:** Icons.

10 May **Imaginative Spirituality I:** Ignatius of Loyola.

24 May **Imaginative Spirituality II:** Spirituality in film, art, music.

7 June **Prayer and Daily Life I:** The way of the marketplace.

21 June **Prayer and Daily Life II:** Contemporary spirituality, spirituality in a post-Christian world.

5 July **Prayer and Daily Life III:** Spiritual Life history – one's own bread for the journey.

18- 19 July **Retreat:** Optional Retreat at Penny Brohn National Centre.