

## Summary of course content Year 1\*

|   | Term 1<br>To explore the foundations of faith journeys and discern further a calling to this ministry |                                 | Term 2<br>To provide the basic skills of contemplative listening     |  | Term 3<br>To explore the meaning and practice of discernment |                           |
|---|---|---------------------------------|--|--|--|---------------------------|
| 1 | Structured Prayer   | My faith journey ... and Church | Student-led worship  | Contemplative listening<br>1. Overview of skills | Student-led worship  | Forming the relationship  |
| 2 | Praying with senses   | ... with Bible                  |  | 2. Questions and forking moments                 |  | Ignatian Decision-making  |
| 3 | Praying with scripture  | ... with Prayer                 |  | 3. Core conditions                               |  | Consolation<br>Desolation |
| 4 | Praying with silence  | Ministry of spiritual direction |  | 4. Listening and responding to resistance        |  | Guilt                     |
| 5 | Praying with images   | Holiness of life, Rule of life  |  | 5. The bigger picture – salvation history        |  | Evaluation                |
|   |   |                                 | Individually Guided retreat week-end<br>Supervision for tutor guides |  |  |                           |

*\*Course content and speakers is subject to annual review and student evaluation*

**Summary of course content Year 2\* – with an emphasis on exploring major traditions of spirituality and reflecting on own experience of prayer & life**

|   | <b>Term 4<br/>To explore the spiritual needs of people at different age/stage</b> |                                     | <b>Term 5<br/>To recognise/explore different states of mind/heart</b> |  | <b>Term 6<br/>To foster awareness of spiritual direction as kingdom building</b> |                                    |
|---|---|-------------------------------------|---|--|--|------------------------------------|
|   | Residential week-end<br>'Being with otherness'                                    |                                     |   |  |  |                                    |
| 1 | Spirituality of desert fathers  | Masculine and feminine spirituality | Evangelical spirituality  | Transference & projection                      | Fresh Expression of Church   | Ethical practice 1                 |
| 2 | Charismatic spirituality  | Mid-life transitions                | Spirituality of Benedict  | Fear, anger & doubt                            | Franciscan Spirituality  | Ethical practice 2<br>Supervision  |
| 3 | Celtic spirituality   | The Third Age                       | Anglican spirituality   | Darkness & depression                          | Mystical spirituality  | Case studies                       |
| 4 | Quaker spirituality   | Fourth Age                          | Workshop on dream Life  |  | Non-conformist spirituality  | Question Time - panel of directors |
| 5 | Orthodox spirituality   | Models of spiritual growth          | Roman Catholic spirituality   | Boundaries: Counselling vs spiritual direction | Ending arrangements & final worship for last day                                 |                                    |

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