

# A Companion's Way – The Gloucestershire Course in Spiritual Direction

## Course L - 2022-23

*(content may be subject to small changes as course progresses)*

### Semester 1 – 2022

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|---|---|---|----------|
| • | 4 <sup>th</sup> -6 <sup>th</sup> February | Introductory Weekend at Holland House, Cropthorne                                 |          |
| • | 9 <sup>th</sup> February                  | Contemplative Listening 1   | Tutorial |
| • | 2 <sup>nd</sup> March                     | Contemplative Listening 2   | Tutorial |
| • | 16 <sup>th</sup> March                    | Contemplative Listening 3   | Tutorial |
| • | 30 <sup>th</sup> March                    | Contemplative Listening 4   | Tutorial |
| • | 27 <sup>th</sup> April                    | Contemplative Listening 5   | Tutorial |
| • | 11 <sup>th</sup> May                      | Forming the Relationship  | Tutorial |
| • | 15 <sup>th</sup> June                     | Workshop Day – group face to face meeting<br>Topic – Holiness of Life – venue tba |          |

**Summer break** – with group and individual tasks

### Semester 2 – 2022

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|---|---|--|----------|
| • | 9 <sup>th</sup> –11 <sup>th</sup> September | Individual Guided Retreat -Holland House           |          |
| • | 14 <sup>th</sup> September                  | Decision Making and Intro to Ignatian Spirituality | Tutorial |
| • | 28 <sup>th</sup> September                  | Discernment  | Tutorial |
| • | 12 <sup>th</sup> October                    | Life Transitions 1 – mid-life                      | Tutorial |
| • | 26 <sup>th</sup> October                    | Life Transitions 2 – third age                     | Tutorial |
| • | 9 <sup>th</sup> November                    | Life Transitions 3 – fourth age                    | Tutorial |
| • | 23 <sup>rd</sup> November                   | Patterns of Spiritual Growth                       | Tutorial |

### Semester 3 – 2023

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|---|---|--|----------|
| • | 4 <sup>th</sup> /5 <sup>th</sup> February | Otherness Workshop/s - venue tba             |          |
| • | 8 <sup>th</sup> February                  | Listening to Sin and Guilt                   | Tutorial |
| • | 1 <sup>st</sup> March                     | Understanding Transference and Projection    | Tutorial |
| • | 15 <sup>th</sup> March                    | Fear, Anger, Doubt                           | Tutorial |
| • | 29 <sup>th</sup> March                    | Darkness and Depression                      | Tutorial |
| • | 26 <sup>th</sup> April                    | Practicing the Presence of God – Mindfulness | Tutorial |
| • | 10 <sup>th</sup> May                      | Creativity in Companionship                  | Tutorial |
| • | 3 <sup>rd</sup> June                      | Dreams all day Workshop – venue tba          |          |

**Summer Break** – with group and individual tasks

### Semester 4 – 2023

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|---|----------------------------|---|----------|
| • | 6 <sup>th</sup> September  | Exploring the shadow – all day workshop – venue tba |          |
| • | 13 <sup>th</sup> September | Counselling or Direction?                           | Tutorial |
| • | 27 <sup>th</sup> September | Ethics + Best Practice 1                            | Tutorial |
| • | 11 <sup>th</sup> October   | Ethics + Best Practice 2                            | Tutorial |
| • | 25 <sup>th</sup> October   | Spiritual Abuse                                     | Tutorial |
| • | 8 <sup>th</sup> November   | Uncomfortable Places                                | Tutorial |
| • | 22 <sup>nd</sup> November  | Endings   | Tutorial |
| • | 2 <sup>nd</sup> December   | Final Day – group meeting - venue tba               |          |