

## What is spiritual direction?

- a ministry deeply embedded in the Christian tradition
- walking alongside another in a journey with God
- a relationship which helps us to attend more closely to the movements of God's spirit in our lives



## Further information

You can be introduced to a spiritual director in Coventry or Warwickshire by emailing Mary Crameri:  
[mary.crameri@btinternet.com](mailto:mary.crameri@btinternet.com)

Selection is by interview and places are limited

Application forms and further information can be obtained from Lois Baldwin:  
[loisbaldwinz@gmail.com](mailto:loisbaldwinz@gmail.com)

Applications are to be received by email attachment please by 30 May 2018



## The Art of Spiritual Direction 2018

A one year course for those wishing to train as spiritual directors



## Course Outcomes

At the end of the course, participants will have the basic knowledge, skills and attitudes needed to accompany another in their spiritual journey. For instance, you will be able to:

- Reflect on own practice, and self-critique
- Identify and explore religious experience
- Use silence, listening and non-verbal skills creatively in an SD session
- Maintain confidentiality and develop a relationship of trust
- Confidently conduct an SD session
- Maintain a prayerful, contemplative stance
- Recognise boundaries, and the need for referral to professional help
- Support the discernment of divine activity in another's life
- Access and recommend relevant basic resources: prayer approaches, Biblical material, meditational material, writings and artwork for contemplation
- Recognise and work appropriately with different personalities, stages of life and spiritual growth
- Respond sensitively to confession, challenges, resistance, and expressions of feeling

## The Art of Spiritual Direction

### Dates:

September 2018 – July 2019

### Wednesdays weekly 7.30 – 9.30pm

in three 10-week terms plus

### four Saturday workshops

### Venue:

St Mary's Church, Hall Lane

Walsgrave CV2 2AW

### Cost:

£130 per term,

**payable in advance.**

## What practical things must be in place before starting the course?

### Each participant in the course will:

- be a member of a worshipping Christian community
- have been seeing a spiritual director for at least 12 months
- be able to provide 2 references: from the leader of your current faith community, and from another Christian in good standing with the Church.
- have completed a listening skills course or give evidence of an equivalent
- have experience of a silent retreat weekend or a retreat in daily life