

# The Art of Spiritual Accompaniment

This is an experiential course for both lay and ordained people exploring listening, prayer, discernment and accompanying others in the Christian life, organized by The Spirituality Network within the Diocese of Derby and the Nottingham and Derby Methodist District but open to all.

## Is this course for you?

- Do you want to learn more about spiritual accompaniment?
- Do people seek your help in deepening their relationship with God?
- Do you want to explore the possibility of a call to spiritual accompaniment, otherwise known as spiritual direction?

## What does the course look like?

This course, taking place in 2024, consists of twelve face-to-face sessions, on Mondays from 10:00am until 3:30pm, spread over six months. One of these sessions will be a day retreat. The rest of the sessions will include space and silence, an exploration of different ways of praying, practical listening skills in triads, reflection time in small groups and teaching about spiritual traditions and good practice. There is no course work, as such, but there is a book list to guide those who wish to do further study in their own time.

## Dates 2024

22 January

5 February

4 March

Easter Break

15 April

13 May

3 June

1 July

12 February

18 March

22 April

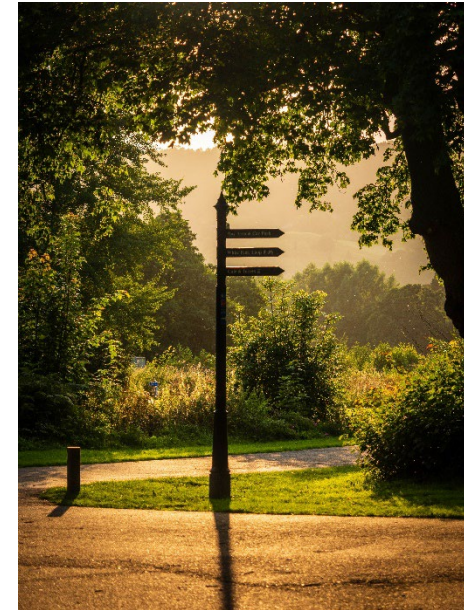
20 May

17 June

*Attendance at all sessions and the retreat is a precondition of attending the course.*

## By the end of the course, you will have:

Grown in self-awareness and discernment about your own life and developed your ability to recognize the signs of God's prompting, calling, activity and movement in the lives of others that will enable you to travel alongside them as spiritual companions.



You will have learnt this by:

- exploring the practice of spiritual accompaniment
- exploring the relationships between personality, prayer, Christian growth, and development
- learning how to apply the insights above to the lives of others
- Deepening your skills of listening and discernment

### Cost of course

The course cost will be £250.00 per person.

Discretionary grants are available and open to all applicants. Local churches, deaneries, circuits, and denominational bodies might be able to support too. Licensed Anglican clergy and readers may apply to use their CME grant for this course.

### Venue

The venue is St John's Walton, Walton Back Lane, Walton, Chesterfield, S42 7 LT. It has a large car park. There is lovely green space for reflection around the church and a public footpath nearby to a woodland area.

### How to apply

For queries and to request an application form please email [spiritualitygroup@derby.anglican.org](mailto:spiritualitygroup@derby.anglican.org).

### Applications

Closing date for applications is Friday, 1 December 2023.

Interviews for all applicants will take place in the middle of December 2023.

# The Art of Spiritual Accompaniment

## 2024



*Does your heart long for a little time and space to pray, reflect and consider what God might be wanting to say to you?*

*Do you find people open up to you and want to share something of their faith journey, prayer life and spiritual walk with you?*

If the answer to those questions is **YES** then you might want to turn over and consider joining a small group of people exploring the art of spiritual discernment, direction and accompaniment together.