

The Course Aims to:

- help you reflect on your own spiritual journey;
- learn about different ways of praying;
- develop your own spirituality;
- introduce you to the art of Spiritual Direction;
- help you explore how to integrate prayer and life;
- learn about some of the great traditions of Christian Spirituality (eg. *Benedictine, Franciscan etc.*).
- reflect on Biblical themes and insights into the life of the Spirit.

The Course will

- offer opportunities to work in small and large groups;
- offer a reflective approach in which to make your exploration;
- provide opportunities of individual tutoring where necessary;
- provide a weekly period of meditation.

The Course is open to people of all traditions, those of other faith groups, and any who are interested in exploring the theme of Christian Spirituality.

The Course comprises three Modules and runs for nineteen sessions over two terms. There will be a break for Christmas and three further short breaks.

Course Modules:

- *Preparing the Ground: looking at images of God through personal experience, scripture and prayer;*
- *The Wisdom of the Ages: an introduction to some of the main traditions of Christian spirituality;*
- *The Witness of Scripture and Life: how biblical themes can inform our spirituality.*

This Course is intended to be experiential rather than academic – to complement personal journeys in spiritual development – and some may find the pace gentler than in other Courses.

In order for this to happen, those who participate are asked to be generous in sharing their wisdom and may sometimes be challenged to find new riches as new traditions of Christian spirituality are explored.

To aid this process participants are invited to keep a reflective log through the year, the fruits of which are shared with their tutor. There are also some written assignments to aid the process of learning.

Course leaders: John-Francis Friendship and Antonia Lynn

It is offered in the context of the work of the *London Spirituality Centre* and forms an ideal preparation for other Courses on offer from the Centre.

“My love is as the hills,
the lonely valleys clad with forest trees.
The rushing, sounding rills,
Strange isles in distant seas,
 Lover-like whisperings,
 murmurs of the breeze.

My love is the hush-of-night,
Is dawn’s first breathing’s
in the heavens above,
Still music veiled from sight,
Calm that can echoes move,
The feast that brings new strength –
‘The feast of love.’”
S. John of the Cross

Spirituality is not the preserve of a few, chosen,
holy, unique individuals.
It is the means by which we all find our
meaning and purpose in life.

“The crown of God’s creation is a human
being, made in the image of God
and possessing an affinity to him
in virtue of which he may come to **know** him,
to **love** him and, in the end, to **see** him”
Bishop Michael Ramsey

“May the God of our Lord Jesus Christ
the Father of Glory
give you a spirit of wisdom and perception
of what is revealed
to bring you to full knowledge of Him.
May God enlighten the eyes of your mind....”
Ephesians 1: 17

Booking Form

**EXPLORING CHRISTIAN
SPIRITUALITY**

*Monday Afternoons:
6th Oct 2014 – 20th Apr 2015
2pm – 4.45pm*

Name:

Address:

.....

Post Code

Tel: *Daytime*

Mobile

Email

Fee for 2014-15: £300.00

Booking Deposit: £50.00

I enclose a cheque for £300/£50 made payable to 'London Centre for Spirituality'. Payment may be made directly to our bank account (details on request).

Places may also be booked on-line via www.centreforspirituality.eventbrite.co.uk

Please return this form to:

**Exploring Christian Spirituality
London Spirituality Centre
Church of St Edmund the King
Lombard Street
LONDON EC3V 9EA**

Spiritual Formation Today

It is clear that more and more people are developing an interest in spirituality. The emergence of an awareness that being human concerns matters of mind, body and spirit is not just limited to the personal realm but is being recognised as a factor in the way groups, organisation and societies function.

Realising this growing need, *Exploring Christian Spirituality*, is a response from the *London Spirituality Centre*. The Course was first run in 2006 and is designed to appeal to those who:

- ✓ want to discover more about Christian spirituality
- ✓ seek to widen their understanding of the subject;
- ✓ are considering further courses but need to deepen their awareness of the breadth of our tradition;
- ✓ would like to learn new forms of prayer;
- ✓ are hoping to develop courses in spirituality in their own churches;
- ✓ feel a call to train as Spiritual Directors;
- ✓ are looking for a way of renewing their prayer.

**EXPLORING
CHRISTIAN
SPIRITUALITY**

An Introductory Course



**6th October 2014 to 20th April 2015
from 2pm to 4.45pm**

at
The London Spirituality Centre
Church of St Edmund the King
Lombard Street
LONDON EC3V 9EA
020 7621 1391

Email: programme@spiritualitycentre.org

(Nearest Underground Station: Bank, Exit 6)