

Meet a former participant

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Exploring Spirituality is just that, an exploration. An opportunity to touch on the rich history of Christian practice and thought, to spend time experiencing some of the different practices, to taste silence, to listen with our whole selves, to be heard, to share doubt and belief, laughter and tears, to travel this pilgrim route in very good company. A fortnightly spa for the soul. A valuable, kind, mirror in which to examine our lives.”

Anne from Bath

How does the course work?

The course runs roughly fortnightly for a year.

It includes:

- A Quiet Day
- An Enneagram Introduction session and a two-day Enneagram workshop
- Some of the rich history of Christian Spiritual thought and practice
- Time to experience different spiritual traditions
- Sharing your own spiritual journey within a close support group.
- A final two-day residential retreat.

The cost is £375, payable in termly instalments of £125. This includes the cost of the end-of-year retreat.

For more information visit:

bathandwells.org.uk

The Facilitators

Victor Barley has been a member of the Exploring Spirituality team for over thirteen years. He is particularly drawn to Ignatian Spirituality, including experience of Spiritual Exercises.

Vivienne Bolton, Tertiary of the Third Order of St Francis; Spiritual Director; co-facilitator of EYSJ for 7+ years and multimedia artist.

Margaret Hayward, spiritual director and member of exploring spirituality team. She has an interest in spirituality and encouraging prayer in all its many and varied forms.

Tina Soper, a former participant in the Exploring Your Spiritual Journey group, is passionate about the insights and experiences that this course can offer.

How do I find out more?

First, have a word with your clergy about the course and its suitability for you.

For more information and to register interest please see the website:

bathandwells.org.uk/exploring-your-spiritual-journey/

The Ministry Training Team

E: training@bathwells.anglican.org



DIOCESE OF

Bath & Wells

Living and telling the story of Jesus

Exploring Your Spiritual Journey

2027

“

For with you is the fountain of life;
in your light we see light.

”

Psalm 36:9

Is Exploring your Spiritual Journey for you?



If you:-

- want to experience more of God
- are prepared to try new ways of praying
- are open to exploring God with people of different views and experiences
- want to explore your own spiritual journey
- would like to create a simple life guide

then this might be the course for you. The course is held in a Church of England setting but is open to people of all denominations, lay and ordained.

The only prerequisite is a desire to discover more about your inner journey and a commitment to attend regularly.

Course dates for 2027

All dates take place at Flourish House, Cathedral Park, Wells, BA5 1FD from 10:00—15:30, unless stated others.

Term 1

8 January **Prayer and Spirituality I:** Introduction to the course

15 January **Quiet Day** - Wells Museum and Flourish House
Meditation, Reflection and Prayer.

29 January **Prayer and Spirituality II:** Images of Self, Images of God.

12 February **Christian Prayer Roots I:** Old Testament Spirituality, New Testament Spirituality.

26 February **Christian Prayer Roots II:** Desert Fathers and Mothers.

5 March **The Disciplined Life I:** Benedictine Spirituality

19 March **Prayer and Self I:** Introduction to the Enneagram

Term 2

Friday 16 April and Sat 17 April
10:00—17:00 **Prayer and Self II:** Enneagram

14 May **The Disciplined Life II:** Evangelical Spirituality.

Term 2 continued

21 May **Prayer and Creation I:** Franciscan Spirituality.

11 June **Prayer and Creation II:** Celtic Spirituality

25 June **Prayer and Contemplation:** Thomas Merton, Richard Rohr

9 July **Contemplative Spirituality I:** Carmelite Spirituality.

16 July **Contemplative Spirituality II:** Mother Julian of Norwich.

Term 3

3 September **Contemplative Spirituality III:** Icons.

17 September **Imaginative Spirituality I:** Ignatius of Loyola.

1 October **Imaginative Spirituality II:** Spirituality in film, art, music.

22 October **Prayer and Daily Life I:** Pilgrimage

5 November **Prayer and Daily Life II:** Contemporary spirituality

26-27 November **Retreat:** Overnight retreat at Penny Brohn National Centre.
Vocation, Silence, Affirmation of rhythm of life, Spirituality and Creativity. Bread for the Journey.