



The Emmaus SPIRITUAL DIRECTION Course

with burning hearts

**You are invited to join a learning community
preparing people to offer the ministry of Spiritual Direction**

WHO IS IT FOR?

Welcoming people from across the South West, this course is for those sensing a call to listening ministry and a desire to deepen their own spiritual journey.

Year 1 is for those who are testing a call to accompany others in the ministry of spiritual direction. It offers a foundational understanding of spiritual direction with a focus on listening skills and spiritual conversation. Participants' own spiritual journey is deepened through an introduction to Christian spirituality and they are supported in an on-going discernment of their call to accompany others in faith.

Year 2 is for those who have discerned a call to the ministry of spiritual direction. Participants develop advanced listening skills and good practice in supervision, whilst further deepening their own spiritual journey and awareness of the major Christian Traditions.

Participants are supported in a final discernment process which may lead to an invitation to join the diocesan networks for spiritual directors in Truro and Exeter.

PROGRAMME CONTENT

YEAR 1 Foundations for the Ministry of Spiritual Direction I

- Enter a formational journey
- Encounter God in a range of Christian spiritualities
- Enlarge understanding of New Testament theological themes
- Explore the dynamics of listening & spiritual conversation
- Engage with tools and practices for prayer and discernment of vocation

YEAR 2 Foundations for the Ministry of Spiritual Direction II

- Encounter God through exploration of the major Christian Traditions
- Enlarge understanding of Old Testament theological themes
- Explore the essentials of Spiritual Direction
- Engage with advanced listening skills and supervision good practice

DELIVERY

The programme is offered as a formational learning community led by the Rev'd Janette Mullett and the Rev'd Rachel Bennetts with a team of experienced Spiritual Directors.

Each year runs from September to July and consists of:

- A residential weekend at Epiphany House, Truro
- Five in-person Saturdays – at Marjon University, Plymouth PL6 8BH
- Five week-night Zoom meetings 6.30-9.30PM

Participants learn through:

- input from the team
- group worship and contemplative prayer
- practical experience of spiritual conversation
- sharing in journey groups
- personal prayer and reflection
- guided reading
- reflective written work
- discernment conversations with a tutor

COST

The fee for each year of the course is £1,100. There may be some grants available to support students who are accepted onto the course.

This includes a fully catered 2-night weekend residential, five in-person teaching days at Marjon University, 5 evening Zoom meetings, course materials and tutor support throughout the course.

NEXT STEPS

For more information and an informal conversation, please contact: principal@swmtc.org.uk

Bishop Hugh writes:

“Having a Spiritual Director who is skilled in ‘holy listening’ and in helping me explore what God is up to in my life has been crucial to my ministry both before and since ordination. I am clear that every priest, and all those who exercise public ministry, should have a spiritual director or equivalent. I am delighted that SWMTC is offering this new course for Spiritual Directors and hope that many people will take up the opportunity that it offers”. **+Hugh, Bishop of St Germans**

Bishop Jackie writes:

‘This is an exciting new development from SWMTC. I warmly commend the Spiritual Direction Course to any who seek to deepen their own spiritual life and learning, and to develop their gifts as a ‘holy listener’, able to accompany others in their vocation and spiritual journey.’