



# Cumbria Ecumenical Spirituality Group

supported by Churches Together in Cumbria  
and working in collaboration with the  
Church Leaders of Cumbria

*Journeying together with God in our daily lives*

## **NOURISHING THE SOUL** (1 year course) Information Sheet

KNOWING GOD is the greatest adventure we can embark on.

It's a journey that we make with God through the ups and downs and, indeed, all the events and encounters of life.

It's a journey which can be enriched as it is shared with others.



If you want to:

- Discover more about your Christian spiritual heritage
- Experience different ways of praying
- Find new resources to feed and enrich your soul
- Meet with others on a similar journey of discovery
- Reaffirm your own faith journey
- Consider becoming a spiritual director...

Then this course is for you!



Topics to be explored include:

- Definitions and images of spirituality
- Different ways of using the Bible in prayer
- Discernment
- Wholeness and integration
- Expressions of spirituality – monastic, denominational, celtic, ignatian, franciscan, taize, justice and peace ...
- Silence and solitude
- Desert and wilderness experiences
- Contemplation and meditation
- Creation, music, poetry, art – and spirituality

Each 'day' includes:

- talks and input
- discussion in small groups and journaling
- times of silence and reflection
- three short acts of worship

The days are led by the CESG Team:  
(with some input from Associates)



CHRIS WOOD was in the probation work for 35 years. He is a cradle Wesleyan Methodist with "bolt-ons" - chiefly Ignatius of Loyola's Spiritual Exercises and Thomas Keating's Centering Prayer.

HELEN MARSHALL has worked as a University Chaplain, and as a Parish Priest and is an NSM for St John's, Keswick. She has a particular interest in the English Mystics and the Carmelite tradition of prayer.



CAMERON BUTLAND is the Diocesan Spirituality Adviser, Chaplain to Rydal Hall and Parish priest of Rydal and Grasmere. He has an interest in Celtic Spirituality, Christian Meditation, Prayer of the Heart and Personality and Prayer

KATH DODD is joint minister of Hawkshead Hill Baptist Chapel, which has developed a retreat ministry. She is particularly interested in how music and creation help to deepen our relationship with God.



SUE HOLMES is an assistant parish priest, and a member (and Area Secretary) of the Third Order of the Society of St Francis. She is interested in the quieter life, prayer and encouraging others in their walk of faith.

RUTH HARVEY is a Quaker, a Church of Scotland minister, member of the Iona Community, and works as a mediator with Place for Hope. She is passionate about the renewal of worship, discernment, faith-in-action and parenting and spirituality.

LOOKING AHEAD



In 2016 we aim to run a further course to train spiritual directors. If you want to attend that course, you will normally need to have completed this one first.

## DETAILS

The course will be held at:  
Rydal Hall, Rydal, Ambleside LA22 9LX  
on February 28<sup>th</sup>, March 21<sup>st</sup>, April 18<sup>th</sup>, May 16<sup>th</sup>, June 20<sup>th</sup>, July 11<sup>th</sup>,  
September 26<sup>th</sup>, October 17<sup>th</sup>, November 21<sup>st</sup>,  
and will run from 10.30am to 3.30pm

The cost is £350 for the whole course,  
including refreshments and lunch.  
Payments can be made in instalments,  
and a small bursary fund is available.

## TO APPLY

Contact: Chris Wood, 28 Helme Drive, Kendal, LA9 7JB  
[cesg.chriswood678@yahoo.co.uk](mailto:cesg.chriswood678@yahoo.co.uk)

Applications to be completed and returned  
by 31<sup>st</sup> January 2015

