

### THE COURSE WILL COVER:

- ❖ Personal development and discipleship
- ❖ Practical contemplative listening skills of the spiritual director
- ❖ Spiritual discernment and decision making
- ❖ Basic understanding of human development and the recognition of different life transition stages on the way, to include specialist areas such as bereavement and loss; fear, anger and doubt; the dying; masculine/feminine spirituality
- ❖ Psycho-spiritual themes such as The Dark Night of the Soul and depression, patterns of spiritual growth, images of God and self, working with the Shadow in the spiritual life, and dreams
- ❖ An experience of the ways of prayer developed from differing Christian traditions
- ❖ Use of creative arts in spiritual directing
- ❖ Ethics and good practice involved in the process of spiritual directing

### THE COURSE TEAM:

The ecumenical Gloucestershire spiritual direction course has been running since 1998. The current course team is drawn from a range of traditions including Quakerism, Church of England and Roman Catholicism, and guest speakers support the course from a wide variety of Christian backgrounds, traditions and professional experience.

### ENQUIRIES & APPLICATIONS:

If you have any enquiries, please do visit [spiritualdirectioncourse.co.uk](http://spiritualdirectioncourse.co.uk) or contact our administrator by email [companionsway@gmail.com](mailto:companionsway@gmail.com). Application forms are available to download from our website. Please return completed forms to [companionsway@gmail.com](mailto:companionsway@gmail.com) by **30 November 2025**. Applicants will be invited to provide references and talk to members of the course team via Zoom about the appropriateness of this course for them at this time.

Please note, in keeping with the deep listening of the practice of spiritual direction, each course is unique and responds to the needs of the group as a whole and **may be subject to change**.

## *A Companion's Way*

### The Gloucestershire Course in Spiritual Direction



### A TWO-YEAR COURSE

**STARTING**

**FEB 2026**

Supporting the work of spiritual direction in Gloucestershire as part of Gloucestershire Spiritual Direction Trust (Registered charity no. 1187445).

[spiritualdirectioncourse.co.uk](http://spiritualdirectioncourse.co.uk)

- ❖ Do others come to share with you their hopes and fears about their faith
- ❖ Have you felt that God may be calling you to 'companion' others in this way?
- ❖ Have you considered whether training might develop your gifts?

The course is open to Christians of any denomination (clergy and lay).

#### Those seeking a place should:

- ❖ Be someone who finds others turn naturally to them
- ❖ Be mature and stable in their Christian faith (this does not mean without questions and challenges!)
- ❖ Have a spiritual guide (we can help you find someone suitable if necessary)
- ❖ Have knowledge of the scriptures and traditions of Christianity.

#### Together we aim:

- ❖ To encourage giftedness and offer practical training in the skills and art of spiritual direction
- ❖ To nurture your own spiritual life
- ❖ To develop an appreciation and knowledge of the wide variety of Christian spiritualities
- ❖ To broaden understanding and experience of differing traditions of prayer

#### WHEN & HOW?

We run a 2 year 'blended' course to allow greater access to training. This consists of 2 semesters a year of teaching and experiential sessions on Zoom, with residential weekends and face to face workshop days.

#### Year 1:

##### Semester 1:

*Introductory Residential Weekend* from late afternoon on **Fri 6<sup>th</sup> Feb 2026** until after lunch on the **8<sup>th</sup> Feb**.

The semester will then run on Zoom over 6 Wednesdays from **11<sup>th</sup> Feb – 6<sup>th</sup> May**, and finish with a *Workshop Day* in person on **16<sup>th</sup> May 2024**.

##### Semester 2:

*Residential Individually Guided Retreat* **11<sup>th</sup> – 13<sup>th</sup> Sep**.

Then 5 Wednesdays on Zoom from **23<sup>rd</sup> Sep – 18<sup>th</sup> Nov 2026**. A *Workshop Day* on **Dec 5<sup>th</sup>** completes the semester.

#### Year 2:

##### Semester 3:

*Residential workshop weekend: Jan 22<sup>nd</sup> – 24<sup>th</sup> 2027* then 6 Wednesdays on Zoom from **Feb 10<sup>th</sup> – May 12<sup>th</sup>**.

A *Workshop Day* will follow on **Saturday May 22<sup>nd</sup>**.

##### Semester 4:

A *Workshop Day* on **Sep 11<sup>th</sup>** followed by 5 Wednesdays on Zoom from **Sep 22<sup>nd</sup> – Nov 17<sup>th</sup>**.

The final course workshop day will be on **Dec 4<sup>th</sup> 2027**.

Please see our website or contact our administrator for more detailed information on dates.

#### COST:

The fee for the course will be **£475** per semester. This includes the cost of the residential weekends and workshop days.

Financial assistance may be available, but students are encouraged to explore potential funding from their spiritual community or church, charities that provide funding (we can advise) or an employer who supports the application.