

STEPS TO SPIRITUAL GROWTH, 2010 - 2011

- ❖ **Lent Course** ...attend current Lent Course, then continue to set aside time to reflect on the course material.
- ❖ **Advent Course** ... self-organised. Similar or different to Lent Course
<http://www.yorkcourses.co.uk/> get together with others who select this item.
- ❖ **Midweek Morning Prayer** – self-organised. Either privately at home, with others or maybe (from the time the clocks go forward) in church. Use Common Worship Daily Prayer (this can be provided by the Parish for use in church) or
<http://www.cofe.anglican.org/worship/dailyprayer/>
- ❖ **Midweek Evening Prayer** – self-organised. Either privately at home, with others or maybe (from the time the clocks go forward) in church. Use Common Worship Daily Prayer (this can be provided by the Parish for use in church) or
<http://www.cofe.anglican.org/worship/dailyprayer/>
- ❖ **Explore Prayer through Painting/Poetry/Nature** – Decide to join at CARM Retreat
<http://www.carmretreats.org/> or organise with others who also sign up for this preference.
- ❖ **Circle Dance** - Circle Dance is inclusive and not dependent on number or gender. It took some disaffected Christians to remind the church in the UK that it had forgotten how to dance. Dancing leaps its way through scripture from Miriam to David to the words of Jesus. Get together with others who sign up for this one. With the new pattern of services, there'll be an opportunity to invite others to participate from time to time.
<http://circledancenetwork.org.uk/pages/1159300342.htm>
- ❖ **Book of the Bible** – Choose a book of the Bible to read through, either privately or with others who choose this preference. Guide notes for group study can easily be made available. Speak with one of the ministry team.
- ❖ **Quiet Spaces** – The Bible Reading Fellowship have a series of 'Quiet Space' days during the year - <http://www.quietspaces.org.uk/>
- ❖ **Daily Bible Reading Notes** - Start each day with a short Bible reading accompanied by some explanatory notes. Visit 'Wesley Owen' in Park Street to select some which you like or contact Wo Hill to subscribe to 12 months BRF notes. You can preview them on:
<http://www.biblereadingnotes.org.uk/>

- ❖ **Combine a short break with a retreat** – Some people call a retreat an MOT for mind, body and spirit. You can search <http://www.retreats.org.uk/general/links.htm> or borrow the Retreat Magazine from Wo Hill
- ❖ **Quiet Garden Visit** – Garden lovers may prefer a visit to one of the many Quiet Gardens. Some merely provide the garden with some refreshments for a silent contemplative day-away, others have a more structured programme for the day to provide ‘food for thought’
- ❖ **Parish Quiet Day** – The next Parish Quiet Day will be taking place in the autumn – an opportunity for spiritual nourishment and creativity or merely learning to do nothing!
- ❖ **Spiritual Direction Course** – (2010-2011 Course is fully subscribed – But the 2011 course could be added to the ‘wish list’! This course, pioneered by a wonderful team from Bristol, Bath & Wells and Salisbury Diocese for those prepared to make a commitment of the 2-year course. Can be the basis of simply exploring the whole subject of Christian spirituality or possibly leading to vocation as spiritual guide or other areas of lay or ordained ministry. <http://www.cliftondiocese.com/assets/files/pdf/2009/january/Handout3.pdf>
- ❖ **Year’s Study Course** – Our local theological college, Trinity, provides a whole range of courses which can be taken as a unit or as a foundation course towards further qualifications or ordination. Have a chat with Decia or Ros. <http://www.trinity-bris.ac.uk/study-courses>
- ❖ **Spirituality and Film** - Canon John Bowes run a 10 week course annually which explores the spiritual angle on films which are not necessarily considered ‘spiritual’. Contact Canon John Bowes johnbowes@wepenguin.co.uk or chat with Wo Hill.