

Course Dates:

Wednesdays 19:30-21:30 (half term breaks in brackets)

Term One, 2011:

Sept. 28; Oct. 5, 12, 19, (26); Nov 2, 9, 16, 23, 30; Dec. 7.

Term Two, 2012:

Jan. 11, 18, 25; Feb. 1, 8, (15), 22, 29; Mar. 7, 14, 21, 28.

Term Three, 2012:

May 2, 9, 16, 23, 30; Jun. (6), 13, 20, 27

Saturdays: 10:00-16:00

2011: 19th November, 2012: 24th March, 23rd June

COST: £126 per term; Deposit £20 (includes the taster evening)

Enquiries to: The Bookings Secretary, Worth Abbey+ Open Cloister, Paddockhurst Road, Turners Hill, CRAWLEY, West Sussex. RH10 4SB (01342) 710318

Comments from previous course participants:

- *I didn't want it to end!*
- A truly refreshing invitation to walk intimately with God. Expect to be challenged & deeply moved!
- *I consider PSG to have been life changing, it has enabled me to look at God, others and myself in a totally new way.*
- I have been stretched and challenged.
- *I have found the course at Worth Abbey to be a very different experience from anything I had done before and although I am very used to praying I found the approach to prayer and listening to God very revealing of myself and also my relationship to God.*
- PSG is the key that unlocked the still, quiet place within me.
- *I have learnt so much about who I am.*
- My relationship and trust in God has deepened.
- *It became my Oasis in the week*

Personal & Spiritual Growth

September 2011-June 2012

Course Facilitators: Jo Eaton with Brenda McGinn and Mary Watson

A one year ecumenical course, held in a contemplative environment, leading to a deeper awareness of God, self and others.

At Worth Abbey each Wednesday for ten weeks during term time: 19:30-21:30 and one Saturday per term: 10:00-16:00 (see back page for dates)

Worth Abbey | The Open Cloister

The Course is for those:

- ◇ exploring themselves and their relationship with God and others;
- ◇ interested in deepening their spiritual life;
- ◇ can commit themselves to regular attendance

Course Content:

Topics covered are:

- a) Praying
- b) Listening
- c) Spiritual conversation
- d) Discernment
- e) Human being-spiritual being
- f) Images of God and self

This is an experiential course related to our lived lives and not a taught theoretical course. Topics are explored two per term in small groups - with facilitated input - but mostly from the spirit, wisdom and experience of the members of the group using a 'creative listening' method.

Every session starts with an experience of prayer.

Participants are required to summarise their experience and discoveries from each module in a short assignment which may be written, or presented creatively in art, poetry, music, collage etc.

Course Facilitators

Jo Eaton is an Anglican Spiritual Director offering spiritual direction in Sussex, Kent and London. She works as part of a team training spiritual directors and also facilitates supervision groups. Jo is involved with Retreats and Quiet Days, accompanies those making the 19th Annotation – Retreat in Daily Life, and has been involved with the Personal and Spiritual Growth Course at Worth for the last 5 years. Previously she worked in a Hospice and the Health Service.

Brenda McGinn is a Catholic community nurse with hospice nursing experience. Brenda trained at the Catholic Bible School and is a spiritual director. Brenda was a participant in the Personal and Spiritual Growth Course 4 years ago and is now part of the team facilitating it.

Mary Watson is a Catholic married with three children. Mary trained as a Spiritual Director at Worth Abbey. She works in Spiritual Direction and has participated and facilitated the Personal and Spiritual Growth Course.

TASTER EVENINGS

Wednesday 13th or 20th July or 7th September 2011 (19:30-21:30)

Each person considering the Personal & Spiritual Growth course will need to have attended one Taster Session. It is essential that you experience first-hand the nature of the course to help you decide if this is the right course for you at this time. It is also good for us to meet you and answer any questions you may have in person.

The Personal and Spiritual Growth course has traditionally been an evening course. This year, in response to requests we will also offer/pilot an additional daytime course.

Places are offered on a 'first come' basis, however we will consider later applications, keep a Waiting List and offer a September Taster Session provided there are places still available

To apply for a place:
(applications to be in by 1st July 2011)

Personal and Spiritual Growth Course 2011-2012

Please enclose a non-returnable booking fee of £20 which will include the cost of the Taster Evening (Cheques made payable to 'Worth Abbey Projects Ltd')

I will attend the Taster Evening on: Wednesday 13th July Wednesday 20th July
Wednesday 7th September 2011 [please tick one box only]

Name _____

Address _____

POSTCODE _____

Telephone: _____ e-mail: _____

18-35 36-50 51-65 over 60

RC Anglican Other Christian Other religion none

Where did you hear of this course?
