

## COURSE FEES

The course fees are £1,000 for the year, payable in full at the beginning of the course, or in three termly instalments of £300. A non-returnable deposit of £100 will be required on acceptance on the course and will form part of the full fees. Some bursaries may be available, and there are other sources of funding to explore. For example:

- Anglican clergy and LLMs may be eligible for CME grants, or their equivalent, to cover some of the costs
- The Society of Retreat Conductors – Apply at least 3 months prior to beginning of the course. For further details and application form email: [redingtonkathy@hotmail.com](mailto:redingtonkathy@hotmail.com)
- The Women's Continuing Ministerial Education Trust – For women in the Church of England and the Scottish Episcopal Church ordained or accredited lay workers including Church Army and religious sisters. Email [tim.ling@churchofengland.org](mailto:tim.ling@churchofengland.org). Tel: 020 7898 1408
- The Retreat Association. [www.retreats.org.uk](http://www.retreats.org.uk) – Contact them to enquire about bursaries for spiritual direction training

## COURSE APPLICATION

**To apply, or for further information please contact Nick Gallant:**

**Email:** [enquiry.apnp@gmail.com](mailto:enquiry.apnp@gmail.com)

**Phone:** 07813 886806

**Website:** [ancientpathways-newperspectives.org](http://ancientpathways-newperspectives.org)

**Application deadline:** 31 August 2021.

Applications will be considered by the tutors; applicants will then be invited for interview.

## COURSE ENRICHMENT

**Benefits available to students are:**

- External reader membership of the Cuddesdon Library
- Attending the RCC lecture series (see website for details and cost) [rcc.ac.uk/study-centre/dinner-lecture-series](http://rcc.ac.uk/study-centre/dinner-lecture-series)
- Attending the Cuddesdon School of Theology and Ministry Study Days (see website for details and cost) [rcc.ac.uk/independent-students/cuddesdon-school-theology-and-ministry](http://rcc.ac.uk/independent-students/cuddesdon-school-theology-and-ministry)



# THE WISDOM OF THE SAINTS IN SPIRITUAL DIRECTION



A ONE-YEAR, ONLINE COURSE  
OCTOBER 2021 to JUNE 2022



## COURSE PURPOSE

This course is ecumenical, and for both spiritual directors, who want to know more about how the historical Christian tradition informs the practice of spiritual direction, and for those who have a desire to grow their understanding of the subject, and are interested in the ministry of spiritual direction.

### The course aims to:

- Explore the wisdom of our Christian spiritual guides, and their relevance to the practice of spiritual direction
- Develop advanced skills in spiritual direction for accompanying and encouraging personal growth and fulfilment
- Examine and evaluate the significance of key historical texts
- Nurture a growing appreciation of the patterns of spiritual growth, discernment and prayer, in relation to spiritual direction

## COURSE CONTENT

The course will consist of three terms. Each day (Thursdays) runs from 10.30am to 4.00pm online, on Zoom.

### The course content will include:

- Engagement with the wisdom and spiritual teachings of the desert tradition, Augustine of Hippo, Bernard of Clairvaux, Clare of Assisi, Ignatius of Loyola, Teresa of Avila, John of the Cross, and of the Bible
- Experience of different forms of prayer
- Enrichment of spiritual direction skills through teaching and practice
- The opportunity to reflect upon, and work with our experience in pairs, triads and tutor groups
- Appraisals, which will take place twice within the year
- A Certificate of Completion will be presented at the end of the year to all students who have attended at least 80% of the course, completed all assignments and paid all fees

## COURSE DATES (Thursdays)

**Term 1 (2021):** October 7, 14, 21; November 11, 18, 25; December 2, 9

**Term 2 (2022):** January 13, 20, 27; February 3, 10; March 3, 10, 17, 24, 31

**Term 3 (2022):** May 5, 12, 19, 26; June 16, 23

## COURSE COMMITMENT

### Participants are required to:

- Be receiving regular ongoing spiritual direction
- Complete assignments and recommended reading to assist reflection and learning
- Be open and willing to working with their own experience within the group context
- Participate in self, peer and course evaluation to assist constructive development of self and others

## COURSE TUTORS

### The course is led by experienced spiritual directors and teachers both lay and ordained.

**Edward Howells** is associate tutor in Christian Spirituality at Ripon College, Cuddesdon, an honorary research fellow at the University of Roehampton, and a former senior lecturer in Christian Spirituality at Heythrop College. He teaches and writes on the history of Christian Spirituality, especially on John of the Cross and Teresa of Avila. He is a spiritual director, and enjoys bringing the riches of the writers of the Christian spiritual tradition together with the life of faith. He lives in the Chilterns with his wife, Philippa, and their three boys.

**Joanna Gallant** is Vicar of St Francis of Assisi, Terriers, and was founder and Executive Director of Pelagos Spirituality & Retreat Centre from 2009-2019. She also ministers in a broader context of Christian spirituality as a teacher, spiritual director, supervisor, retreat leader and guide for the Ignatian Exercises. Joanna has an MA in Christian Spirituality from Heythrop College and loves walking with her husband and their black Labrador by the coast.

**Nick Gallant** is a spiritual director, tutor and supervisor, and was co-founder and Communications Director of Pelagos Spirituality & Retreat Centre from 2009-2019. He studied at the London Centre for Spirituality where he learned to give the Ignatian Exercises, and is currently writing a series of books on Ignatian spirituality. Nick has a passion for helping others deepen their spirituality and realize their true potential in life. As a former professional musician, Nick loves to minister through music.