



Franciscan International Study Centre
Giles Lane Canterbury CT2 7NA TEL: 01227 769349

**An
Ecumenical
Training
Programme in**

*Spiritual
Direction*

2016/2017

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Reg. Charity no.:260851

A Centre for God-given Peace



Franciscan Spiritual Direction

The Programme builds on an interpretation of the experience of the life of St Francis as a way of teaching the principles of the spiritual life.

Franciscan Spiritual Direction therefore is rooted in the spirituality of the Franciscan tradition. At its heart is the desire to see God in all of life, especially through God's creation, shown in nature and in one another.

The Ecumenical Training Programme in Spiritual Direction focuses on walking with others as they seek God in their life. There is no set process for this, no single route, but an openness to the Holy Spirit who speaks to each one of us as we seek to listen.

You do not need to be a Franciscan or even have any great knowledge of Franciscan spirituality to be part of the Programme. All that is necessary is to have a heartfelt desire to seek God in your own life and to walk with others as they journey through life.

Range of topics covered during the Programme include:

MICHAELMAS TERM

- Overview of spiritual direction
- Use of Scripture in spiritual direction
- Skills of spiritual direction
- Ecumenism
- Introduction to the spirituality of St Francis of Assisi
- The Castle of St Francis – a Journey of Faith
- The Spiral Staircase
- Illusions
- Triads – Practical sessions of spiritual direction
- Spiritual Tradition – Franciscan Spirituality

LENT TERM

- Introduction to the spirituality of St Clare of Assisi
- Dreams – do they play a part in spiritual direction?
- Spiritual direction – various scenarios
- Spiritual direction skills continued
- Use of Scripture in spiritual direction continued
- Spiritual Tradition – Ignatian spirituality
- Psychological and spiritual development
- Triads
- Transference and counter transference
- Walking with those who have suffered abuse

TRINITY TERM

- Different ways of praying
- Using Spiritual Direction in ecumenical and inter-faith settings
- Loss and bereavement
- Spiritual direction skills continued
- Spiritual tradition – Carmelite Spirituality
- Use of Scripture in spiritual direction continued
- Triads
- Sample case studies
- Discernment and decision making
- End of Year Awards Celebration

Throughout the year students will be asked to:

- prepare a short reflection paper each month
- keep a Journal
- keep a Portfolio

Each student will meet with their tutor on a regular basis each term.

The Centre has an excellent Library which is available to the students on the Programme.

Throughout the year students will work in small groups where they will share and discuss various topics. They will be encouraged to organise and lead Morning Prayer.

Programme dates & details

The Programme will consist of three weekends and nine additional Saturdays.

The weekend programme begins on a Friday at 6pm and ends on the Saturday at 5pm. Supper on Friday and lunch on Saturday are included. The Saturday Programme starts at 10am and ends at 5pm.

Michaelmas Term 2016

Friday 7 October - Saturday 8 October

Saturday 29 October

Saturday 19 November

Saturday 10 December

Lent Term 2017

Friday 13 January - Saturday 14 January

Saturday 11 February

Saturday 11 March

Saturday 8 April

Trinity Term 2017

Friday 28 April - Saturday 29 April

Saturday 20 May

Saturday 3 June

Saturday 24 June (Graduation)

Cost of the Programme is £1200, with a non-refundable registration fee of £75 included in the cost. Three payments of £400 per term can be made if preferred.

**THE FRANCISCAN INTERNATIONAL
STUDY CENTRE
CANTERBURY**

**AN ECUMENICAL TRAINING PROGRAMME IN
SPIRITUAL DIRECTION**

APPLICATION FORM
(PLEASE DETACH FROM BROCHURE)

Title:
Full name:

Address:

Post code:

Home telephone no.:

Mobile telephone no.:

Email address:

Date of birth:

Occupation:

Denomination:

Previous/relevant experience (e.g. Spiritual Direction/retreats):

What do you hope to gain from attending this Programme? (*Please reply using approximately 250 words*)

Please give below the names of two persons whom we can contact for references – one of whom should be a member of your Church (not a family member)

Name:

Relationship to you:

Email address:

Postal address:

Name:

Relationship to you:

Email address:

Postal address:

Please note the Programme dates given.

Are you able to commit yourself to these dates? YES/NO

Signed:

Date:

Please return this form with your non-refundable registration fee of £75, made payable to FISC, to:

**Sr Margaret McGrath FMSJ
Franciscan International Study Centre
Giles Lane, Canterbury, Kent CT2 7NA
Tel: 01227 769349 Email: margaret.m@franciscans.ac.uk**

Comments from previous participants

“I came into this Course expecting to gain skills to better support others in their spiritual journey. To my surprise, I was blessed with the ability to journey myself growing in self-awareness and feeling a sense of freedom in my personal journey into God.”

Ruth Conlon

“An interesting and engaging Course with plenty of opportunity for spiritual reflection and enquiry.”

Marj Snape



“A very useful and helpful preparation for Spiritual Direction and practice. Offers tools and techniques for exploring the spiritual journey ... for oneself and with others. ”

Fr Kevin Maddy SCP

“I feel blessed participating in the Course as it has made me aware of the skills which I need to cultivate for fruitful practice of spiritual direction. Also, the ecumenical dimension of the Course has been very enriching as insights from various spiritual traditions have been generously shared by all on the Course.”

Fr Alex Ezechukwu OCD



“Spiritual Direction, Holy Listening, Spiritual Midwifery, all will be revealed as you seek to unravel the mystery surrounding the Journey of Accompaniment. An opportunity to learn the unfamiliar skills required, to be challenged and taken out of your comfort zone. An informative, deeply enriching experience designed to promote spiritual growth.”

Judith Roser

“I found this Course to be rooted in learning from the saints and mystics and modern psychology teaching. Exploring both is a great encouragement to press on and go deeper into my own spiritual journey. I am sure too that it is overall a transforming experience in terms of spiritual accompaniment.”

Barry Saunders





If you feel you are called to the ministry of spiritual direction but would like to discuss the possibility before coming to the Programme we would be happy to meet with you.

No previous experience or a specific ministry in the Church is required. As long as you are part of a Christian, worshipping community and feel that you are not a judgemental person, this Programme can develop your skills and knowledge to enable you to effectively accompany others.

This Programme is non-residential. On application details of local accommodation can be provided on request.

For further information please email:
margaret.m@franciscans.ac.uk

In a culture paradoxically
suffering from anonymity and
at the same time obsessed with
the details of other people's
lives ... the Church must look
more closely and
sympathetically at others
whenever necessary The
Church will have to initiate
everyone – priests, religious
and laity – into this 'art of
accompaniment' which teaches
us to remove our sandals
before the sacred ground of the
other (cf Ex 3:5).

Pope Francis, 2013, *Evangelii Gaudium*