



**Prayer and Spirituality  
Resourcing Group**  
*for the Diocese of St Albans*



# Holy Listening

*A Training Course for the  
Ministry of Spiritual Direction*



*Spiritual Advisor Soul Friend  
Spiritual Director Spiritual Companion*

*Living God's Love*

### **Aim**

This Course is designed to equip with the necessary skills and competencies those who have discerned a calling to offer the ministry of Spiritual Direction. It will also allow individuals to continue the process of discernment as to whether this is a ministry and vocation to which they are called.

### **Content and Structure of the Course**

It is anticipated that those who complete the Course will be inspired and equipped as Spiritual Directors in their practice of the charism of Spiritual Direction. On-going support, resources, mentoring and opportunities for development will be provided throughout the Course.

Speakers are to be drawn from a variety of settings, traditions and spiritualities, thus bringing a breadth of experience and knowledge to Course participants. Sessions will include the teaching of theory and practice relating to Spiritual Direction, enabling participants to develop a broad understanding of this ministry.

Learning is both experiential and more formal, with opportunities provided for personal reflection. The art of listening will be developed, in addition to a range of 'tools' for use in this particular ministry.

Moving forward, with remote/video-based Spiritual Direction (and learning) having become more common to so many, the Course will operate in a mixed-mode format of teaching with a combination of 'in person' and distance-video link.

### **Practicalities**

Length: Two years, twenty sessions per year - beginning September 2016 - dates on reverse of this leaflet.

Timings: 7 - 9.30pm, *normally* the second and fourth Wednesday of each month (*see dates on reverse for variations*).

Venue: St Paul's Church, St Albans.

Fees: £375 (approx.) per year. (Ordained clergy within the Diocese of St Albans are able to use their Training Grant. Readers may also apply to the Diocese for funding.)

### **Eligibility and Selection**

The course is Ecumenical, open to both Lay and Ordained, with the maximum number of participants set at 18. Participants will be expected to have their own Spiritual Director, and to have seen them for a minimum of three sessions before starting the course.

Participants are expected to make a commitment to attend all sessions of the Course. A minimum 80% attendance in each Term will be required for anyone who wishes to be considered for recommendation as a Spiritual Director.

All who apply to participate in the Course are contacted and, if appropriate, invited to an informal interview, with a view to deciding whether this is the right Course for them as well as whether this is the right time for participation.

All who apply to participate are asked to provide the following:

- A letter, on one side of A4, to introduce themselves, including a brief outline of why they wish to attend the Course.
- A letter of recommendation from their Vicar or Minister. For those Ordained, their Archdeacon or Bishop should be approached. For those in other denominations, the equivalent should be asked. If you are unsure, please ask!

### **Applications**

The next Course is likely to begin in 2022. If you are interested in participating in the Course, please send an email to [psrgchair@stalbens.anglican.org](mailto:psrgchair@stalbens.anglican.org)

With good wishes,

The Reverend Deborah Snowball  
*Chair of PSRG and Course Leader*