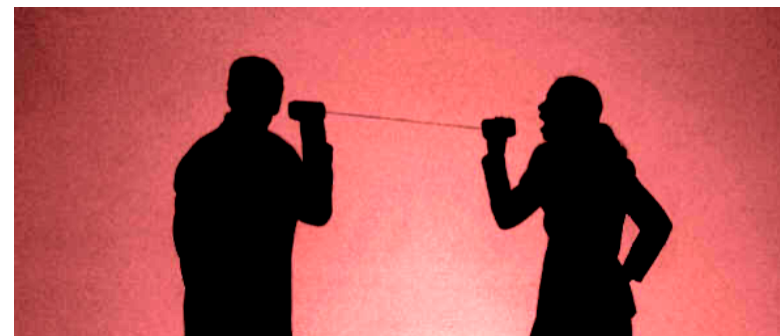


Some reflections from those who have done Discerning Listening before:

'The course was very focused and I soon found myself applying the skills I learned in pastoral situations in my parishes.'

'This is more complicated than it might seem at first. When you're listening in a really attentive fashion, what, if anything, do you say? How do you respond to show that you're listening, that you're alongside the speaker but yet giving them all the space they need? Do you smile or murmur? When is intervention helpful? And what manner of intervention? A question? A recap? In this course we practised listening and the stories were real and often moving. We also discussed all these questions and found some answers. We're still learning and still listening!'

'With so many conflicting distracting voices in our lives the opportunity to have a space to listen for God is welcomed. I would recommend this course. The programme gave us a space to listen for God's voice in our hearts, so with Jesus' eyes we can see more clearly the love that God has for us within and beyond the church's walls.'



Discerning Listening

**a short experiential course to
develop the way we listen to people
to enable them to better recognise
God in their lives**

October – December 2023

This short course aims to enable you to develop the way you listen to people so they are better able to recognise God's movements in their life.

This has many practical applications in life and ministry. This can be in general pastoral ministry working with individuals and small groups, or in the intentional spiritual work of accompanying people on Weeks of Accompanied Prayer, Individually Guided Retreats, and other forms of Spiritual Accompaniment.

It offers an approach to pastoral care of 'pastoral enabling' that seeks to deepen a person's relationship with God and avoid pastoral dependency. In the process, participants are given a context in which their own spiritual growth is enabled as well as their listening.

The programme involves six days (10am – 4pm) each of which includes spiritual exercises, listening in small groups and exploring relevant perspectives on discernment and spiritual growth.

Participants need to be interested to develop as a discerning listener and have experienced one-to-one spiritual accompaniment through Spiritual Direction, Individually Guided Retreats or Weeks of Accompanied Prayer.

The programme is run by a small team trained by Preb Nick Helm, Spirituality Advisor in the Diocese. It will be based at a venue in the Ludlow area.

Course Dates:

The course runs on from 9.45am to 4.00pm on the following dates

5 October
12 October
2 November
9 November
30 November
7 December

Venue

The course will be based at a venue in the Ludlow area.

To apply:

Please write a paragraph or two explaining why you wish to be part of this programme, the experience you have of intentional spiritual development (ie retreats, courses, spiritual direction that you have received) and how you hope this will help you.

Applications to:-Revd Sue Foster s.foster779@outlook.com