

## What will we cover?

Both day and evening courses look at the variety of spiritual traditions that make up the Christian tradition and connect them to our own spirituality:

- Images of God and self
- Biblical spirituality
- Ways of praying
- Benedictine Spirituality
- Franciscan Spirituality
- Celtic spirituality
- Carmelite spirituality
- Orthodox Spirituality
- Spirituality in the workplace
- Contemporary spirituality
- Listening skills
- And more...

The importance of spiritual accompaniment on our journey is emphasised and guidance in this is offered.

The course is supported by additional resources, which provide guidance for the ongoing journey. These include a course booklet and access to a well-stocked book box.

There are no academic assignments, but participants are encouraged to reflect on the individual sessions and apply them to life.

For more information visit:  
[www.bathandwells.org.uk](http://www.bathandwells.org.uk)

## Spirituality is

the journey....  
encountering the other...  
the divine...  
oneself....  
being transformed...

## How do I find out more?

First, have a word with your clergy about the course and its suitability for you.

For more information and to register interest see the website:

<https://www.bathandwells.org.uk/explore-spirituality/>

### Or contact

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## Exploring Spirituality



For with you is the fountain of life;  
In your light we see light.

*Psalm 36:9*



## Who can do Exploring Spirituality?



If you:

- want to experience more of God
- are prepared to try new ways of praying
- are open to exploring God with people of different views and experiences
- want to explore your own spiritual journey
- would like to create a simple life guide

then this might be the course for you. The course is taught in a Church of England setting but is open to people of all denominations, lay and ordained.

The only prerequisite is a desire to discover more about your inner journey and a commitment to attend regularly.

## How do the Wells sessions work ?

The Wells Course runs roughly fortnightly for a year during the day. It includes:

- Listening Skills
- Input and discussion on the subject
- Time to experience the tradition and make it your own
- A support group
- A Quiet Day
- Enneagram workshop
- Retreat

The cost is £480 payable in termly instalments of £160.

## How do the short courses work ?

We have three 10 week short courses that cover similar traditions. They are offered evenings or weekends locally when there is sufficient interest. These include:

- Input and discussion on the subject
- Time to experience the tradition and make it your own

The cost is £45 per course. Participants will be offered the opportunity to attend a Quiet Day, Enneagram Workshop and/or Retreat with the Wells Group at additional cost.

## Meet some former students



Having just completed the Exploring Spirituality course, I would love to do it all over again. Although the course only involved fortnightly meetings, it shaped my whole year. I ended with a deeper understanding of Christian mysticism, prayer and icons, and with gratitude to the excellent speakers. Most of all, I loved the connection developing within the group, and the integrity of the excellent leaders. A wonderful experience. Sian from Bath

Exploring Spirituality is just that, an exploration. An opportunity to touch on the rich history of Christian practice and thought, to spend time experiencing some of the different practices, to taste silence, to listen with our whole selves, to be heard, to share doubt and belief, laughter and tears, to travel this pilgrim route in very good company. A fortnightly spa for the soul. A valuable, kind, mirror in which to examine our lives. Anne from Bath

