

a programme for

Spiritual Accompaniment

Canterbury & Rochester Dioceses

2018 - 2019



Background

There is a discerned need in both Canterbury and Rochester Dioceses to support ordained and lay ministers in

- a deeper awareness of the presence of the Triune God in their lives
- a growing discernment of God's will
- a clear link with the greater *Missio Dei* as a Christian community in the world
- a stronger web of relationships with the whole created order

Aim

Responding to these needs, the Aim of this programme is to develop reflective practitioners in the spiritual accompaniment of others, aware that we are members of a community of practice to whom we are accountable in exercising our ministry.

Exploring a Calling to Spiritual Accompaniment

What are the dioceses looking for in people who are considering whether God might be calling them to this ministry?

The two main areas are:

Spirituality

You should show commitment to a spiritual discipline, involving individual and corporate prayer and worship, including a developing pattern of disciplined daily prayer, Bible study and regular receiving of Holy Communion. Your spiritual practice should be such as to sustain and energize you in training and ministry. You should demonstrate a connection between your prayer life and daily living and show an understanding of God's activity in your life.

Personality and Character

You should show an appropriate degree of self-awareness and self-acceptance, and sufficient maturity to sustain the inherent demands of this ministry. You should be able to face change and pressure in a flexible and balanced way. You should be a person of integrity and be seen as such by others. You should demonstrate a desire and capacity for further self-development and growth.

Entry to the Programme

1. Registration Criteria

It is a requirement that participants –

- Will have had some experience beforehand in receiving spiritual direction or accompaniment
- Must be in spiritual direction *during* Programme
- Have the written support of one's spiritual director
- Are recommended by their Parish Priest, or Bishop/Archdeacon
- Submit an Application and attend an Interview
- Have a full-disclosure CRB check before commencing training
- Are formally registered on the Programme before attending

*Participants are strongly encouraged to have completed a recognised course on either of the following **before** entry to the Programme –*

- **Myers Briggs**
- **Enneagram**

2. Application and Registration

Application forms from

Sarah Lucas, Administrator:

Diocesan House

Lady Wootton's Green,

Canterbury

CT1 1NQ

01227 459401

slucas@diocant.org

Closing date for applications is 26th October 2017

Programme Dates

1. Interviews

Applicants are asked to meet with members of a pre-course interview panel on **one** of the following dates:

Friday 10th November 2017

Diocesan House, Lady Wootton's Green, Canterbury, CT1 1NQ

OR

Saturday 11th November (Afternoon)

65 Maidstone Road, Chatham, ME4 6DP

A time will be allocated; please indicate on the Application Form which you would prefer to attend.

2. Time Table for 2018 (page 7)

Programme Overview

The programme is structured as a series of linked and developmental modules, delivered part-time over a period of two years.

Year 1 is a General Introduction to Spirituality and Spiritual Accompaniment. During this year the faculty discern with each student whether a student should continue to year 2. Completion of Year 1 is mandatory for admission to Year 2.

Year 2 is concerned with Vocational Formation for Spiritual Accompaniment for those who have successfully completed year 1.

YEAR 1 PROGRAMME 2018

A General Introduction to Spirituality and Spiritual Accompaniment

There are 6 modules over six Saturdays during the year (from 9am-4pm):

Module 1

**13th January, St Benedict's Centre, West Malling
Introduction – What is Spiritual Accompaniment?**

Module 2

**3rd March, St Benedict's Centre, West Malling
Biblical Spirituality**

Module 3

**12th May, St Benedict's Centre, West Malling
Traditions in Christian Spirituality (Pt 1)**

Module 4

**14th July, St Benedict's Centre, West Malling
Listening Skills in Spiritual Accompaniment**

Module 5

**8th September, St Benedict's Centre, West Malling
Traditions in Christian Spirituality (Pt 2)**

Module 6

**10th November, St Benedict's Centre, West Malling
Discernment in Spiritual Accompaniment**

Year 1 Programme Hours

Formal training takes place over 6 Saturdays of 6 hours in each year (36 hours).

Personal study for reading, preparation, personal reflection, prayer, and work on building-up a portfolio – journal writing, collecting and preparing training materials, etc (162 hrs).

Year 1 Assessment

- **Personal:** Each student keeps a personal learning Journal throughout the programme, and compiles a Portfolio of materials used. The Portfolio (together with any relevant extracts from the student's learning Journal) is presented at the end-of-year interview with a member of the programme Faculty.

Progression to Year 2

Year 1 serves both as an introduction to Christian Spirituality and as a time of exploration of one's calling to a role in Spiritual Accompaniment for the benefit of others.

At the end of year 1, each student meets with a member of the programme Faculty to explore their experiences and development over the past year, and also to discern whether continued training as a practitioner in spiritual accompaniment is the appropriate path to follow.

The final decision whether a student progresses to Year 2 is taken by the Faculty.

YEAR 2 PROGRAMME 2019

Vocational Formation in Spiritual Accompaniment For Developing Reflective Practitioners

Year 2 involves

- the student **receiving personal spiritual accompaniment** during Year 2
- **6 Saturdays** teaching and exploring in more depth the practice of spiritual Accompaniment
- a **personal Two Day Retreat**, at a place and venue and spiritual tradition to meet the needs of, and organised by, the student
- **Supervision:**
 - i) receiving one to one supervision**
(3 x 1hr = 3 hrs).
 - ii) giving accompaniment**
(3 people x 8 consultations x 1 hr = 24 hrs).
 - iii) receiving group supervision**
(5 x 2 hrs = 12hrs).
- **Reading and preparation** (60 hrs).
- **Writing a report of 3,500 words** on an aspect of Spiritual Accompaniment practice (36 hours for Journal writing, preparation, reflection and writing).

Choose an aspect of Spiritual Accompaniment you are interested in or find difficult, reflect on your own experience of this aspect during the year through using your journal, what you have been learning in the supervision and literature on the subject.

On Completion of the Programme

A main aim of the sponsoring dioceses is to increase the provision of trained spiritual accompaniers who are available to support licensed and other ministers.

To assist this, those who successfully complete both years of training:

- **Receive Certification** to show completion of the Programme
- **Join a diocesan List of Practitioners** in Spiritual Direction & Accompaniment
- **Accept Accountability** through supervision under another practitioner for their ministry and continued professional development

Key Information at a Glance

- **Programme Cost is £240 per person p.a.**
- **Programme Dates:**
 - **Year 1 (2018)**
 - 13th January: Module 1 – What is Spiritual Accompaniment?
 - 3rd March: Module 2 – Biblical Spirituality
 - 12th May: Module 3 – Traditions in Christian Spirituality (pt1)
 - 14th July: Module 4 - Listening Skills in Spiritual Accompaniment
 - 8th September: Module 5 – Traditions in Christian Spirituality (pt2):
 - 10th November: Module 6 – Discernment in Spiritual Accompaniment
 - **Year 2 (2019)**
 - 12th January
 - 9th March
 - 11th May
 - 13th July
 - 14th September
 - 16th November

A typical Saturday Module

9.00	Arrival and coffee
9.20	Prayer Exercise
10.00	Group Work
11.00	<i>Coffee</i>
11.15	Session One
12.15	<i>Lunch</i>
13.45	Session Two
14.45	Coffee
15.00	<i>Session 3</i>
16.00	Close & Depart

Venues for Saturdays

St Benedict's Centre
52 Swan Street
West Malling, ME19 6JX

Registration and Further Information

Sarah Lucas, Administrator
Diocesan House
Lady Wootton's Green,
Canterbury, CT1 1NQ
01227 459401
slucas@diocant.org

Programme Faculty

Programme Coordinators and Module Tutors

Chris Dench Diocesan Director of Formation and Ministry
(Rochester Diocese)

Susanne Carlsson Diocesan Advisor for Spirituality and Spiritual
Direction (Rochester Diocese)

Peter Ingrams Local Ministries and Growth Advisor,
Coordinator for the Diocese of Canterbury

