

# COURSES IN IGNATIAN SPIRITUALITY



## GROWTH IN PRAYER AND REFLECTIVE LIVING

Tuesday evenings September 18– May; + 5 full days

Develop a closer relationship to God. This one-year programme will suit you whether you are interested in pastoral work or simply want space to explore and reflect on your life and relationship to God, self and others.

### The course provides opportunities to:

- Explore the relationship between prayer and engagement with the world.
- Become aware of the many ways in which God communicates with you
- Become familiar with different methods of prayer as tools for engaging in conversation with God
- Explore different faith traditions and their spiritualities as a response to God's self-communication.
- Develop skills for reflective living
- Support your own faith journey
- Develop a spirituality that will help you integrate prayer and life

No expertise in prayer or reflection is required. The course is open to all of whatever denomination or none.

Suggested Offering: £485

## ADULT FAITH FORMATION

Six Wednesday evenings from 24<sup>th</sup> October

This new course is for those who want to grow in their understanding of scripture both for personal faith development and to inform their ministry.

This Scripture module will explore:

- The origin and overview of the Gospels
- The infancy narratives in Luke and Matthew
- The ministry of Jesus
- The Passion and Resurrection.

Each evening will also include the opportunity for prayer using scripture in different ways.

Suggested Offering: £100

## LIVING THEOLOGY 24-26 May 2019

The Living Theology Course offers a weekend of serious yet lively study on topics of interest relating to Scripture, religious tradition, faith, morals, history etc.

There are four courses available in lecture and seminar style. This is very much a community event and open to all who are interested in Christian study. No previous experience in theological study is necessary; the course is aimed at the intelligent non-specialist.

Further details available in early 2019.

## SPIRITUAL ACCOMPANIMENT COURSE

The course will take place monthly from September 29 Saturdays 10.00 – 16.00 and Sundays 14.30 – 18.30

Explore the skills and gifts of accompanying others on their faith journey. This course, in the 'Ignatian Tradition', draws its inspiration from the Spiritual Exercises of St. Ignatius of Loyola.

### The course covers:

- Prayer Guiding
- Informal Spiritual Conversation
- On-going discernment
- Spiritual accompaniment
- Standards of Practice
- Pastoral Applications
- Supervision

The course aims to encourage participants to help both themselves and others to become more sensitive to the presence of God in life.

Participants should have experienced the full Spiritual Exercises or completed the Growth in Prayer and Reflective Living Course and also the Spiritual Conversation Course, or similar.

Applicants should be prepared to undergo spiritual accompaniment themselves and accompany others during the course.

Suggested Offering: £695

## STUDY WEEKENDS

Our study weekends involve presentations by the leaders and time for reflection, sharing & discussion.

### TWO ENNEAGRAM WEEKENDS

with Fr Myles O'Reilly SJ & Mary Foley

#### Introduction to the Enneagram

17 -18 November 2018

An introduction to the personality types of the Enneagram. Participants will be helped to identify their own personality type and understand more about how they can best grow and interact with others.

#### The Enneagram as an aid to Spiritual Growth

6-7 April 2019

A weekend for those who have already identified their enneagram type and who wish to go deeper and see how the understanding of their personality can aid growth in prayer and the Christian spiritual life.

Suggested Offering: one weekend £60;

The two weekends £100

### TALKING ABOUT MENTAL ILLNESS

with Dr Gill Yellowlees, psychiatrist

16-17 March 2019

**DAY 1** An introduction to the symptoms of mental illness; models for understanding mental disorder; the impact that mental illness can have on everyday life; how we respond and offer support to people suffering from mental illness; issues around safety.

**DAY 2** will include a more in-depth look at stress and anxiety; depression and psychosis; dementia; support for carers.

Both days will include a mix of teaching, small group discussions and reflection, and opportunities to think about spiritual aspects.



Keep up to date: join our e-mailing list on our website. See us on Facebook: /iscglasgow

## IGNATIAN SPIRITUALITY CENTRE

The ISC is a work of the British Province of the Jesuits. Our ecumenical team welcomes those of all church backgrounds or of no denominational affiliation.

### Grants and Bursary Funding

Some financial support is available for courses and retreats from our own bursary fund and from external bodies dedicated to the furtherance of Ignatian Spirituality. Applications for grants need to be made well in advance.

Three other leaflets are also available for:

Day and Evening Events; Retreats and Pilgrimages and Outreach - ISC team working in your centre

### HOW TO GET HERE

The Ignatian Spirituality Centre, is two blocks up Hill Street from St Aloysius church.

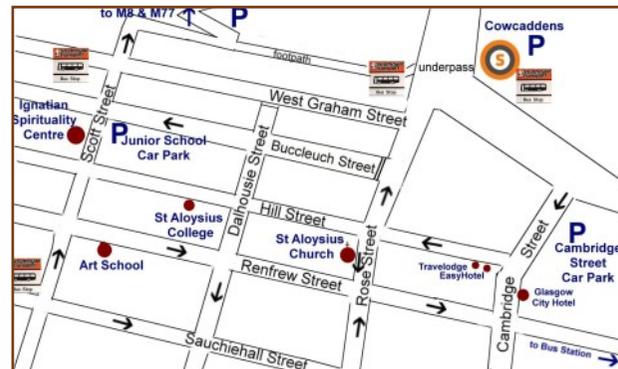
**Subway:** Cowcaddens

**Train:** Queen St and Central Stations about 15 minutes walk. Charing Cross 7 Minutes walk.

**Bus:** West Graham St No. 6 & 6A

Sauchiehall St - Dental Hospital: X1A, 3, 4, 15, 17, 18, 77

**Car:** For weekend and evening events parking space is often available in the St Aloysius junior school playground opposite the ISC on Scott Street. Cambridge Street Car Park is just over three blocks away.



For further details see website or contact:

Ignatian Spirituality Centre,

35 Scott Street,  
Glasgow, G3 6PE

0141 354 0077

admin@iscglasgow.co.uk



Charity no. SC040490



## TRAINING IN IGNATIAN SPIRITUALITY & CHRISTIAN FAITH DEVELOPMENT

ISC:Glasgow 2018-2019

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*...in the Heart of the City*

[iscglasgow.co.uk](http://iscglasgow.co.uk)