

Conference for Spiritual Direction Trainers 9-10 February 2021

Draft programme

Tuesday 9 February

- 11.00** **Zoom opens** – arrivals into small breakout rooms for ‘chatting’
- 11.15** **Welcome:** Alison MacTier
Prayerful invitation into the Zoom Space and the Consultation
Small group introductions
- 11.45** **Guest speaker: Abbot Christopher Jamison OSB (Retreat Association Patron)** Benedictine Spirituality & Spiritual Direction
- 1.00** **Lunch break**
- 14.00** **Introductory session:** Planning group
What progress has been made and the rationale behind the workshops
- 14.30-15.45** **Workshop 1: Pre-requisites:** Ruth Holgate (see next page for process)
- 15.45-16.15** **Tea break:** Breakout rooms from 15.55-16.10 for chatting
- 16.15-17.30** **Workshop 2: Course process and content:** Rachel Overton
- Free Evening**
- 21.00** **Night prayers:** Susanne Carlsson

Wednesday 10 February

- 09.30** **Morning Worship:** Cis Delmege
- 09.45** **Workshop 3: Expected outcomes:** Nick Helm
- 11.00** **Coffee break:** Breakout rooms from 11.10-11.25 for chatting
- 11.30** **SD online:** Nick Helm
- 12.05** **Comfort break**
- 12.15** **What next?** Alison MacTier
- 13.00** **End of conference**

(continues overleaf)

Workshop process: (75 minute)

- 10 minute introduction by facilitator with questions for breakout groups
- 30 minutes in breakout groups
- 20 minutes feedback from breakout groups – hosted by facilitator
- 15 minutes plenary – what are we noticing / common themes and divergences – hosted by facilitator

Workshops

1. **Pre-requisites:** Identifying the key requirements of participants and the implications of these on a training programme. **Facilitated by Ruth Holgate**
2. **Course process and content:** A workshop exploring the abilities and dispositions that we would wish to see in those whom we would consider ready to accompany others. How might they ‘be’ and what should they be able to ‘do’?
Facilitated by Rachel Overton
3. **Expected outcomes:** a description of the dispositions and abilities that someone who has completed a course should manifest in order to be considered ready to accompany others. The Spiritual Direction Guidelines Section D provides a broad description of this. **Facilitated by Nick Helm**

Abbot Christopher Jamison OSB is a patron of the Retreat Association. He was Abbot of Worth Abbey and Director of the Catholic Church’s National Office for Vocation before becoming Abbot President of the English Benedictine Congregation. Abbot Christopher played a major role in the 2005 BBC TV series *The Monastery*, attracting audiences of between 2–3 million viewers. This was followed by *The Big Silence* in 2010. He has subsequently appeared on a variety of radio and TV programmes around the world. He is author of *Finding Sanctuary* (2006) and *Finding Happiness* (2008), which is being republished in 2021.

Rev Nick Helm is an Anglican priest based in the Hereford Diocese. He has been involved in offering spiritual direction, courses in spiritual direction, and training trainers of spiritual direction for over 20 years. He has written books in the Grove Spirituality series: *Soul Spark: A short course in prayer and spiritual growth* (2006) and *Ignatius of Loyola* (2014). Most recently he co-authored *Seeking Spiritual Direction* with Liz Hoare.

Ruth Holgate is a Catholic Lay woman and Jesuit Associate. She has worked with the Jesuits in Ignatian retreats and spirituality for the past 26 years, and has been involved in many training courses in spiritual accompaniment and supervision. She has also led courses elsewhere in the UK and abroad, including China and Myanmar. She was Director of Loyola Hall Jesuit Spirituality Centre, and more recently worked at St Beuno’s. Ruth is now based in London and divides her time between the Jesuit Young Adult project based in Clapham and her role as Coordinator for Formation and Training for the Jesuit Spirituality Team.

Sister Rachel Overton lives as a solitary religious, having previously been member of a religious community for over 20 years. She has a degree in medicine and holds qualifications in advanced therapeutic counselling and has had a specific interest in enabling people to live with chronic pain. She has been actively involved in the ministry of spiritual direction and retreat leading since 1989. She now lives in the centre of Peterborough and, as part of her work, she has been the Bishop’s adviser for spirituality for the Diocese of Peterborough since October 2012. Rachel has led three ‘Holy Listening’ courses at Launde Abbey. In 2019 she received the Dunstan Award for the renewal of Prayer and Religious Life.