



HOLY LISTENING
A COURSE IN SPIRITUAL DIRECTION
2019–2021



HOLY LISTENING 2019–2021

Holy Listening, a course for the development of spiritual directors, will begin in September 2019. Formerly run by the dioceses of Peterborough and Leicester, Holy Listening will this time be administered by Launde Abbey.

The course will cover core aspects of Christian spirituality, but importantly will also place emphasis on how we create and hold that space and relationship which may enable the other to hear God speaking in their lives. There will be some formal teaching, but learning will have a large experiential element and participants will be asked to share and work with their own concerns and experiences throughout the course. A willingness to do this is essential.

The course will run at Launde Abbey, and will be over two years, one Friday per month (9.45am - 4pm) with three residentials throughout the two years. A genuine commitment to attending all sessions of the course is required.

The individuals we are looking for to take part in this course will:

- be fully committed to the course
- be a person in whom others already confide
- be a good listener
- have an awareness of their own spiritual journey
- be open to the experience of other lives and Christian traditions that may be different from their own
- be receiving spiritual direction
- be willing to undertake a retreat if this is not a part of their on-going journey

The course is open to both laity and clergy. All applicants will be interviewed in order to assess how appropriate the course may be for them, to discern the likelihood of this being a part of their future ministry and to create an overall balance of course membership. Places will be limited to a maximum of 16.

The Staff Team:

The course will be led by Sr Rachel Overton, the Rev Canon Helen Newman and the Ven. David Newman. The team will be completed by Rev Nick Swanson.

Sr Rachel



After qualifying in medicine, Sr Rachel was a member of a religious community for 23 years before being called to live as a solitary religious. As well as her medical background, she also holds qualifications in advanced therapeutic counselling. She has been actively involved in the ministry of spiritual direction and retreat leading since 1989. She now lives in the centre of Peterborough, working within the areas of spirituality and spiritual direction. Since October 2012 has been the

Bishop's adviser in spirituality for the diocese of Peterborough and has led the two previous Holy Listening courses. She is a musician and plays the harp and piano.

Rev Canon Helen Newman

Helen was ordained 16 years ago and has many years' experience of pastoral counselling, spiritual direction and supervision. Prior to coming as Chaplain to Launde Abbey in 2017 she was the lead Chaplain at LOROS, the hospice for Leicestershire and Rutland and is very committed to helping people find God in times of darkness and struggle. Since moving to Launde Abbey she has been Diocesan Director of Ordinands for a year and continues as part of the vocations team. She runs a supervision group for spiritual directors and this will be her second time as a tutor on Holy Listening. Helen has 3 grown up married children and 4 grandchildren and loves being a granny.



Ven. David Newman



David has been the warden of Launde Abbey for two years and enjoys the opportunity to support people in their spiritual growth and development through leading retreats, Quiet Days, and spiritual direction. He has a long experience of pastoral ministry in the church through incumbencies in Derby and Loughborough and most recently as archdeacon of Loughborough. While he was in Derby Diocese he trained as a spiritual director as well as led the St John's College Nottingham extension course on counselling skills for pastoral care. He has always been committed to helping people find a real, theologically grounded and experiential faith. His first book "Growing up into the Children of God" is due to be published next year.

Rev. Nick Swanson

Nick has been a Baptist Minister for over 24 years, overseeing and delivering spiritual care in a wide-range of contexts. Nick holds a Bachelor of Divinity and a Diploma in Pastoral Studies. He trained with the Diocese of Derby in Spiritual Accompaniment, has served as a tutor with Acorn Christian Listening and as a Bridge-Builders' mediator. Nick qualified in Pastoral Supervision & Reflective Practice at the Sherwood Institute in Nottingham and is a member of the Association of Pastoral Supervision and Education. Nick is married to Sue, with two grown-up children and a granddaughter. He likes walking in the Peak District, playing chess, swimming and supporting Nottingham Forest.



General Information

Our aim is to develop the skills and reflective practice necessary to begin to develop a ministry of spiritual direction.

As this ministry can only develop out of our prayer life, each course day begins with prayer and reflection. This is also a chance to introduce participants to a variety of different aspects of prayer and Christian spirituality. Participants will be expected to do reading around those areas of spirituality that are new to them and over the life of the course, we will create a suggested reading list.

The main seminar of the day covers various topics associated with spiritual direction. During the afternoon, practice sessions are held in tutorial groups. Participants will be expected to keep a reflective journal throughout the course and to complete assignments after each course day. There will be a longer piece of work to complete at the end of the first year, and appraisal meetings with tutors will be held at intervals.

Course Dates

2019/2020.

September 20th.
October 25th - 27th
November 15th
December 13th

January 10th
February 14th
March 20th
April 17th
May 22nd
June 19th
July 10th - 12th

2020/2021

September 4th
October 2nd
November 6th
December 4th

January 8th
February 5th
March 5th
April 9th
May 7th
June 4th
July 9th - 11th

Fees

The fees for the course have been set at **£876.00 per year (total £1752.00)**.

This is inclusive of the three residential stays and also of a light lunch provided on each of the course days.

Successful applicants from the dioceses of Peterborough and Leicester will receive a subsidy of £200 per year, bringing the total to £1350.

Applicants from outside this area are advised to look within their own dioceses and elsewhere for any sources of possible help in meeting costs.

On taking up a place, there will be a non-returnable deposit due of £75. This will be off set against fees in the final term. Payments will be due before the beginning of each term.

The payment schedule would therefore be:

		With subsidy
Non - returnable deposit	£75	£75
Fees for term 1 - 5	£292	£225
Fee for term six	£217	£150
Total:	£1752	£1350

Applications

Making an application to become a part of Holy Listening is the beginning of a discernment process that will continue throughout the course.

The application form is available to download from the Launde Abbey website, and also from the websites of both Leicester and Peterborough dioceses.

After an initial sifting process, applicants will be interviewed by two staff members.

Interview dates are set for the **17th and 18th May 2019** and will be held at Launde Abbey.

Names and contact details for two referees are required. References will be taken up for applicants who are offered a place.

The closing date for applications is Friday April 12th 2019

Completed application forms should be returned by email attachment to Sr Rachel at:

sister.rco@icloud.com

Please mark the subject line 'Holy Listening Application' followed by your name.

For further information, please contact either:

Sr Rachel Overton (sister.rco@icloud.com)

Rev Canon Helen Newman (helen.newman@launde.org.uk)

