

# SOUL FOOD



**Soul Food** – a course for anyone who wants to grow in responsiveness to God. With an awareness of some of the Christian prayer traditions, tutors journey with participants to develop reflection (noticing the movements of the Spirit), an awareness of personality and prayer, and the use of silence, solitude, the Bible and our imaginations as helps to develop intimacy with God.

The course will be run on three Saturdays in-person plus 6 weekday evenings, from October 2023 – early Feb 2024.

Cost: £144\*\* (i.e. £12/eve plus £24 per day session)

**\*\*This reflects the running cost of the course; however if cost presents an obstacle please still apply as we may be able to help.**

The course is open to all who want to explore Christian prayer, whatever their level of experience. More info on the link below. To discuss the courses, please email Spirituality Advisers:

Lichfield: Charles Ruxton, [charles.ruxton@trinitychurches.org](mailto:charles.ruxton@trinitychurches.org) .

Worcester: Mary Flitcroft, [spirituality@cofe-worcester.org.uk](mailto:spirituality@cofe-worcester.org.uk) .

**APPLY** : overleaf or go 'Soul Food' on the following link & click 'Apply here':  
<https://www.lichfield.anglican.org/mission/spirituality-resources/spiritual-direction-courses/>

## **APPLY FOR 'SOUL FOOD'**

This course is about *doing* prayer. So a typical session will include time for prayer (using different ways of praying), personal reflection and listening to one another, as well as some teaching from the front. There won't be long essays to write; the 'homework' is to spend some time each day praying.

### **Course venue and dates:**

**Day meetings: Saturdays 14 Oct, 2 Dec and 3 Feb: 10am – 3pm,  
St Aidan's Church, 10a Mount Rd, Penn, Wolverhampton WV4 5SW**

**Zoom: Tuesdays 24 Oct; 7 & 21 Nov; 12 Dec, 9 & 23 Jan: 7 – 9.30pm**

There is no entrance requirement for this course other than a desire to grow in prayer. This is likely to be expressed in:

- ❖ A willingness to talk about your prayer life;
- ❖ A sense of (or desire for) community with other praying people;
- ❖ A commitment to attend all the course sessions.

If you would like to join the course, please email or write to Charles Ruxton (address below) with the following:

1. A paragraph or two on any experience of prayer that you have, and how you hope the course will help you.
2. Any access requirements (e.g. internet access, large text, wheelchair access for the day sessions etc.)?

**(remember to include your address, phone and email please!)**

Charles Ruxton (Lichfield Diocesan Spirituality Adviser) is at [charles.ruxton@trinitychurches.org](mailto:charles.ruxton@trinitychurches.org)

Mary Flitcroft (Worcester Diocesan Spirituality Adviser) is at [spirituality@cofe-worcester.org.uk](mailto:spirituality@cofe-worcester.org.uk)

All of the information you provide will be confidential to the Tutor Team (including Diocesan Spirituality Adviser). It will only be used for course administration and will not be passed on to anyone beyond the Tutor Team. If you would prefer your details not to be recorded in this way, please let us know.