

2025 dates

Sessions run from 9.45am - 4.30pm on Thursdays at Whirlow Spirituality Centre, Whirlow Grange Close, Sheffield S11 9SY.

- 8 May
- 5 and 19 June
- 17 July
- 11 and 25 September
- 9 and 23 October
- 6 and 20 November

The retreat runs from Friday 4 to Sunday 6 July at The Briery Retreat Centre, Ilkley LS29 9BW.

Fees

We encourage participants to ask their church/supporting bodies to contribute. The fees (covering food, refreshments, the retreat, and materials) are £200 per person. The Church of England's Strategic Mission and Ministry Investment Board subsidise SG&T via a grant to the Diocese of Sheffield.

For information about grants, please contact Suzanna (see below).

To apply

- 🌐 complete the online form at sheffdio.org/SGT (or use the QR code)
- ✉ send the enclosed forms to Suzanna Schofield, Diocesan Church House, 95-99 Effingham Street, Rotherham S65 1BL.
- 📞 phone Suzanna on 01709 309 147.



Applicants will have a meeting with SG&T facilitators in February or March. These help us:

- discern together if SG&T and the timing seem right
- respond to any questions.

The closing date for applications is the 31st of January 2025.

Spiritual Growth and Transformation

Formation in prayer and discernment

May – November 2025

 **THE DIOCESE OF SHEFFIELD**

Spiritual Growth & Transformation 2025

“And we... are being transformed into his likeness” (2 Cor. 3:18)

Spiritual Growth & Transformation (SG&T) builds on learning through experience. It is not academic.

For everyone

We invite anyone of any denomination or none to apply. We embrace equality and diversity and are working to make accompaniment accessible to everyone. We especially welcome applicants with disabilities and those from minority groups.

SG&T is for you if any of these questions apply:

- isn't there more to faith and life?
- how can I deepen my faith?
- what will help me grow spiritually?
- how can I satisfy my longing to draw closer to God?
- who am I called to become?
- how can I listen better?
- have I a vocation to become a spiritual accompanier?

SG&T is freestanding. With the Art of Spiritual Accompaniment it may enable the formation and learning to become a spiritual accompanier.

Aims

SG&T will help you draw closer to God through:

- sharing in prayer, listening and reflection
- encountering the transforming work of the Spirit
- discovering God given gifts
- opportunities for a faithful response to the call of Christ.

Features

- prayer and reflection, experiencing approaches to prayer
- listening in small groups to develop awareness
- reflection in groups on the growth points experienced
- exploration of significant themes of Christian spirituality.

Timetable

Morning: we spend significant periods of time in silent prayer and reflection. We then meet in small listening groups. In these safe and sacred spaces, we share what we have experienced. Using various approaches, we develop our openness to the Holy Spirit.

Afternoon: we explore themes such as images of God, images of self, the spiritual journey, personal call, and participation in the divine.

Requirements

Most important is the desire to:

- a) seek a deeper relationship with God
- b) grow in faith
- c) develop ability to listen to God, self and others, through various media.

We expect participants to have a spiritual accompanier throughout the course. For help in finding someone, please contact Suzanna Schofield (details overleaf).

Because we learn in small groups, we expect participants to attend all sessions.

Unsure?

If you are unsure whether SG&T is for you, please email spirituality.adviser@sheffield.anglican.org or phone Rev Dr Julian Raffay on 07907 331 859. I will be happy to hear from you. (Tuesdays and Wednesdays are best).