

Course dates 2025

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

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

The retreat will be held at The Briery Retreat Centre, Ilkley LS29 9BW on Friday 4 to Sunday 6 July.

Fees

Participants are encouraged to ask their church and/or other supporting bodies to contribute to their fees. The full fees (covering food, refreshments, the retreat, and resources) are £200 per person. The course is currently supported by a grant to the Diocese of Sheffield from the Church of England's Strategic Mission and Ministry Investment Board.

To apply

- 🔗 Use the QR code or visit sheffdio.org/SGT
- ✉ Send the enclosed application form and recommendation forms to Suzanna Schofield, Diocesan Church House, 95-99 Effingham Street, Rotherham S65 1BL.



Forms can be downloaded from the above webpage or by calling Suzanna on 01709 309 147.

All applicants will have a meeting with course facilitators to help us discern together if the course and timing seem right and to deal with any questions that you have. These will be held in February and March.

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 (SG&T) 2025

Formation in prayer and discernment

Aims

This is an experiential rather than an academic course. It offers a process of prayer, listening and reflection through which participants are supported in drawing closer to God. Through this, the transforming work of the Spirit deepens, gifts are revealed and a faithful response to the call of Christ can be made:

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

It stands alone but with the [Art of Spiritual Accompaniment](#) course may enable the formation and learning needed to become a [Spiritual Accompanier](#). The course is open to people of all denominations or none.

If any of these questions apply, then SG&T is for you:

- Isn't there something more to faith and life?
- 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?
- How can my faith deepen?
- Might I have a vocation to become a [Spiritual Accompanier](#)?

The process

During the mornings, we spend significant periods of time in silence for prayer and reflection and then meet in listening threes (triads) as safe and sacred spaces to share what we have experienced. Using a variety of approaches, we develop our capacity to experience the Holy Spirit relating to us personally.

In the afternoons, we explore themes such as images of God, images of self, the spiritual journey, personal call, and becoming participants in the divine.

Key elements

- prayer and reflection, experiencing different approaches to prayer
- listening in small groups to enable enhanced awareness and listening
- reflection in groups on the growth points being experienced
- explorations of the significant themes of Christian spirituality.

Course requirements

There are no academic or educational requirements. The most important requirement is that participants enter into the journey of this course, seeking:

- a) a deeper relationship with God and to grow in faith
- b) to develop skills listening to God, self and others through a variety of media.

Participants are expected to have a [Spiritual Accompanier](#) throughout the course. For assistance in finding someone suitable, please contact Suzanna Schofield: suzanna.schofield@sheffield.anglican.org or on 01709 309 147.

Because of the nature of the work participants are expected to commit themselves to all sessions.

Unsure?

We particularly welcome applicants with disabilities and those from minority groups.

If you are unsure as to whether the course is appropriate for you, please email spirituality.adviser@sheffield.anglican.org or phone Rev Dr Julian Raffay on 07907 331 859 who will be happy to discuss things with you.