

Dates

We have yet to decide when we will run the blended version of this course. You can expect the following elements:

- 2/3 days face to face (Saturdays)
- A weekend retreat
- Zoom sessions with breakout rooms (evenings)
- Video training to watch before sessions (under consideration)

If you would like to be kept up to date, please contact Suzanna (see below).

Fees

We encourage participants to ask their church/supporting bodies to contribute. The fees for participants within the geographical area of the Diocese of Sheffield (covering the retreat, online videos, and other 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 (or fees if you live outside the Diocese of Sheffield, 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 to be announced.



 THE DIOCESE OF SHEFFIELD

**November
– May 2026**

Blended delivery

**Spiritual Growth
and Transformation**

Formation in prayer
and discernment

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. This blended SG&T involves face-to-face and online learning. You will need access to a computer and to be comfortable with using Zoom and webpages.

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 you have asked yourself any of these questions:

- 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.

Delivery

Zoom: 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.

Videos: 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).