

Some books and links which you might find useful:

- Bloom, Anthony (1970) *Beginning to Pray*. Paulist Press (this and many others on prayer by Bloom available on Amazon)
- Garvey, John (ed) (1997) *Modern Spirituality: an anthology*. Darton, Longman and Todd.
- Hughes, Gerard W. (2003) *God of Surprises*. Darton, Longman and Todd.
- Noumen, Henri *The Way of the Heart* (1981). Darton, Longman and Todd.
- O'Donohue, John (1997) *Anam Chara: Spiritual Wisdom from the Celtic World*. Bantam Press.
See www.glendaloughhermitage.ie
- Peyroux, Bernard (2006) *A Guidebook for the Spiritual Life: how should one live with God?* The Columba Press.
- Pritchard, John (2014) *Living Faithfully: Following Christ in Everyday Life*. SPCK

Most of these books are available on www.amazon.co.uk.

www.christchurchcathedral.ie/spirituality

www.dublin.anglican.org

www.ctbi.org.uk (Churches Together in Britain and Ireland)

www.ministryofhealing.ie

www.soulspark.org.uk

www.sacredspace.ie

www.contemplativeoutreach.org

www.prioryinstitute.com



FUZZY PHOTO? Yes FUZZY FAITH? Hmm....

What does it mean to you to be an adult member of the Church of Ireland, and a Christian?

When we were children, faith came to us through parents, Sunday School, and Religion Class. But now that we are no longer children, is that enough? As adults, a particularly engaging sermon can be helpful in provoking us to some thought on the subject, but maybe you would like to take more personal responsibility to develop an adult faith. If so, this leaflet may be of use to you. It sets out opportunities for growing in Faith, most of them very gentle.

Please read on.

IN THIS LEAFLET SUGGESTIONS ARE DIVIDED INTO POSSIBILITIES FOR SPIRITUAL DEVELOPMENT AND FOR KNOWLEDGE DEVELOPMENT: THESE GREATLY OVERLAP, BUT ONE STYLE MAY SUIT YOU BETTER THAN ANOTHER.

SPIRITUALITY IS A SOMEWHAT VAGUE TERM, BUT IT IS CENTRAL TO FAITH. IT LIFTS OUR HEARTS TO GOD.

SPIRITUAL DEVELOPMENT

The simplest way to develop our spiritual life is by prayer. We all have prayers we learned in childhood but it may be helpful now to use something newer, more meaningful, but simple. Metropolitan Anthony, a major writer on prayer, suggests the repetition of a short phrase, such as “In you, Lord, is my hope.”

Just being more focussed about saying a daily prayer may be what you prefer. The Church of Ireland website (ireland.anglican.org) offers a **dailyprayer**: scroll down to ‘Daily Prayer for ... (date)’. Two other websites you might find useful are www.sacredspace.ie which suggests a **daily prayer** and, if desired, a bible reading, as well as offering links to a three-minute retreat, and www.contemplativeoutreach.org which offers **help in centring prayer** and other resources, including a lovely app called ‘Centering Prayer’.

There is a short course **exploring prayer and spiritual growth** to be found at www.soulspark.org.uk.

St Ann’s Church, Dawson Street, D2, hosts the Alpha Course which encourages participants to explore aspects of their ordinary lives in greater depth on Tuesdays from 13.00 to 13.50, lunch included. Visit stann.dublin.anglican.org for details of the next course.

Also of interest is the ‘**living spirituality network**’ website of the organisation Churches Together in Britain and Ireland. See ‘pathways of prayer’ at www.ctbi.org.uk.

Inside the front cover of the Book of Common Prayer there is a suggested simple structure for daily prayer.

Beyond that, training in prayer is available for individuals and groups:

Christchurch Cathedral runs sessions and courses including the annual ‘Retreat in the City’), and the ‘What’s the Story’ series of talks. See www.christchurchcathedral.ie/spirituality.

The Church of Ireland Ministry of Healing offers a prayer ministry training course and also a new series of one day retreats incorporating Christian mindfulness. See www.ministryofhealing.ie.

Closely related to prayer is the practice of **meditation**, which is a gentle, restful practice accessible by all. Inputting ‘Meditation Courses Dublin’ to Google will bring up a list, but some are for mediation, not meditation!

There are a number of **centres where a few days may be spent quietly** with or without either participating in community prayer and/or seeking spiritual guidance. These include Glenstal Abbey, Co. Limerick and the Benedictine House in Ros-trevor, Co. Down, both used by members of the Church of Ireland.

KNOWLEDGE DEVELOPMENT

Some people may enjoy a structured, more study-focussed exploration of aspects of faith. Some resources which facilitate this are:

The website of the Church of Ireland (www.ireland.anglican.org) has a short section on ‘What we Believe’, and also gives access to a series of leaflets on aspects of Anglican faith published by The Association for Promoting Christian Knowledge (APCK) – these are also available at the back of the church. Details about SEARCH, an academic journal of the Church of Ireland, can be found at www.searchjournal.ireland.anglican.org

Trinity College runs part-time and evening short courses on a huge range of subjects (www.tcd.ie/courses). If you look under ‘Evening and Short Courses’ at the Religions and Theology subject area there are courses on Theology and on aspects of Christianity as well as some on World Religions and Biblical Studies. Teaching commences usually in late September.

The Archbishop’s Course in Theology usually takes place once a month on a Saturday morning over the course of a year. Search for Archbishop’s Course or under ‘resources’ on www.dublin.anglican.org.

The Church of Ireland Theological Institute (theological.institute.ie), run courses from time to time including a Foundation Course run as a distance learning course by St John’s College, Nottingham, which is primarily geared towards people contemplating some form of ministry. See also Dublin & Glendalough Theology Circle.

The Priory Institute, Tallaght, Dublin 24 runs a wide range of interesting courses, including distance learning course (prioryinstitute.com)