

**Holding Discerning Space……**

Following the ‘Holding Space’ programme in 2021, Rachel and Nick are offering ‘Holding Discerning Space’ in June 2022.

We use the term ‘Holding space’ as a way of describing a part of what we ‘do’ when we meet with someone as a spiritual director.  This space has at its heart the intention to be centred on the Divine. Continual discernment is needed to maintain this.

But how do we understand discernment and how do we hold a discerning stance?

In these three sessions, we will explore these questions to gain greater clarity about how we can enable the formation of spiritual directors in a way that truly reflects the nature of spiritual direction itself.

The sessions are aimed at those who are involved in the formation of spiritual directors or who are considering setting up courses. It is not necessary for participants to have attended ‘Holding Space’.

During our time together participants will be encouraged to reflect on their own experience of receiving direction and training as well as sharing their wisdom and experience of facilitating formation programmes.

Our aim is for participants to gain insights on the discerning stance needed by a formation team, the ‘how’ and ‘why’ of holding the stance, and so be beneficial for their own formation programmes.

The sessions will be facilitated on Zoom by Nick Helm and Rachel Overton.

Rachel and Nick have long experience of spiritual direction and the formation of spiritual directors and a shared passion in effective processes of spiritual director formation that are congruent with the nature of the ministry.

Nick’s website [www.soulspark.online](http://www.soulspark.online/)

Rachel’s website [www.anchorhold.co.uk](http://www.anchorhold.co.uk/)

The cost for the three sessions is £100.00

Book a place here:

<https://www.eventbrite.co.uk/e/holding-discerning-space-tickets-265393528187>