

CELTIC CHRISTIAN eSTUDIES COURSES

Head through the Heart Learning

COURSE: SOUL FRIENDSHIP

Notes and queries

- This year long course is based upon the book *A guide for soul friends: The art of the spiritual companion* by Ray Simpson and a working party of The Community of Aidan and Hilda (Kevin Mayhew 2008). Order online from Amazon or www.Kevinmayhew.com
- Students who enrol commit to the year-long timetable, and are allocated a tutor. If they do not have a soul-friend they are expected to ask a mature friend to meet for at least five 60-90 minute sessions and to share some of the exercises in person.
- **DISCLAIMER:** This email course is purely theoretical. If a student wishes to explore whether they are suited to become a soul-friend or spiritual director, and learn to practice this calling, it is essential that they participate in person in a course run by a bona fide spirituality centre, church or diocese, which offers supervision.
- If one of these course organisers agrees to link in with this e-course, it is helpful if as many tutors as possible can attend. Some of the later exercises are designed with this possibility in mind. Payment for the in-person course and tutors attendance expenses is paid separately from the e-course enrolment fee.
- In parts of the world where we rely on the student to propose a tutor we ask for a CV and references. If a student suggests a residential course he/she can book into, we will seek to verify it. Chapter 10 of the book lists some centres which offered courses at the time of publication.
- Each of the eleven lessons should be completed within one month.
- The student is expected to keep a journal of reflections on the course.
- Following the eleventh session and the report on the inter-active course, the student's tutor will provide an assessment of possible next steps, and the admin office may issue a certificate of course completion.
- Every book listed under additional reading is available in the Celtic Christian Studies Library at Lindisfarne.

Enrolment forms and Procedures for students and tutors are available as Downloads

UNIT ONE WHAT IS SOUL FRIENDSHIP?

To read: The Introduction and Chapter one.

After completing this you should be able to grasp

- A. What a soul friend is
- B. Some different styles of soul friendship

SHORT ANSWERS

1. Run through in your mind the escalator on page 9 until you are clear about the distinctive role of the person on each level. Without looking at the book, describe in your own words what you understand to be the difference between a) a life-coach, b) a mentor, c) a soul mate and d) a soul friend. (*This is not submitted or assessed*)

UNIT TWO GETTING STARTED

To read: Chapter two.

Optional recommended additional reading:

W.A. Barry and W.J. Connolly *The Practice of Spiritual Direction*.

After completing this you should be able to grasp:

- A. What an initial soul friendship session may consist of
- B. What a typical soul friendship session may consist of

UNIT THREE

To read: Chapters three and four.

Optional recommended additional reading: *A Pilgrim Way: new celtic monasticism for everyday people* by Ray Simpson (a commentary on the CA&H Way of Life)

After completing this you should be able to grasp:

- A. How two friends may structure casual meetings so that they aid each other's growth towards wholeness.
- B. How two friends may help one another apply the elements in a Rule of Life so that they aid their faith journey.

UNIT FOUR MEETING CHALLENGES

To read: Chapter five.

After completing this you should be able to grasp:

- A. Typical elements in life-coaching
- B. Typical elements in whole-life discipling
- C. Ways in which desert and early Celtic penitential programmes can be adapted as spiritual fitness programmes today.

UNIT SIX PERSONALITY TYPE AND PRAYER

Optional recommended reading: *Prayer and Temperament: Different Prayer Forms for Different Personality Types* by Chester P. Michael and Marie C. Norrisey or one of the books listed on pages 127/8.

If you lack basic information, download from www.usefulcharts.com a Chart of the Enneagram of Personality and from www.msgr.ca/msgr-3/personalitytypeprayers.html a synopsis of Prayer and Temperament.

After completing this you should be able to grasp:

- A. The Myers Briggs and Enneagram templates of personality
- B. Some tools for engaging with what lies beneath surface issues in another person.
- C. Some types of prayer that tend to suit types of personality.