Soul Spark

 **Tips for journeying on…**

***Use what you have found to be helpful***

Take the approaches to prayer, to reflection, the ways of looking at our experience and the ‘tools’ offered that you have found helpful and draw upon them.

***Approaching Prayer***

· Set aside a particular time

· Take time to become still, to let go of any busy-ness

· Ask yourself – what do I seek from God – then ask God

· Spend time in prayer / reflection / listening

· Reflect on the experience – what raised my spirits, what dampened them, what was that about

· Respond to God with gratitude and seeking grace

· Share - with someone who will listen

· Let grace change you …

***Supports***

***Find someone to share with …***

A **spiritual accompanier,** prayer partner, group or friend supportive of the spiritual journey is valuable. No one is beneath the need for one, no one is above the need for one.

Email karen.colley@sheffield.anglican.org to ask for a spiritual accompanier.

***Quiet Days, Retreats…***

Taking time away from the normal run of life to give a bit more attention to the gentle touches of God in your life is vital for spiritual health. Quiet Days, Retreats and Workshops can all provide good opportunities for this.

[What's On — Whirlow Spirituality Centre](https://www.whirlowspiritualitycentre.org/whats-on)

[Home | The Retreat Association (retreats.org.uk)](https://www.retreats.org.uk/)

 ***Spiritual Growth & Transformation***

Sheffield Diocesan course—next one scheduled after Easter 2023 at Whirlow Spirituality Centre. Contact Karen Colley (email address above) if you are interested.

***Books***

Some books that may be helpful in exploring further some of the approaches of Soul Spark and provide resources for prayer and reflection.

***Tides and Seasons***David Adam (SPCK 1982)

***Good Goats: Healing our image of God***Dennis Linn, Sheila Fabricant Linn, Matthew Linn (Paulist Press, 1994)

***Sleeping with Bread***Dennis Linn, Sheila Fabricant Linn, Matthew Linn (Paulist Press, 1995)

***The Return of the Prodigal Son*** Henri Nouwen (Darton, Longman and Todd, 1994)

***Seeking Spirituality***Ronald Rolheiser (Hodder and Stoughton, 1998)

***Landmarks***Margaret Silf (Darton, Longman and Todd, 1998);

***Taste and See***Margaret Silf (Darton, Longman and Todd, 1999)

***Trust Your Feelings: Learn how to make choices with Ignatius of Loyola*** Nicolas Sintobin (Messenger Publications 2022)