

# Spirituality resources provided by the Diocese of Lichfield

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## Journeys in Prayer

Journeys in Prayer is a series of workshops on prayer, arranged by the local church or deanery, using leaders from the diocesan Journeys in Prayer Team.

The format is flexible, according to the needs of the local church, and may be:

- a series of weekly meetings, e.g. evenings in Lent
- a Quiet Day
- a parish weekend away
- a deanery or ecumenical event
- a series of Sunday evenings

We have a rich and varied team with a number of possible subjects for you to choose from.

If you are interested in having a Journey in Prayer, or would like more details, please contact:

Revd Charles Ruxton . 01743 891636  
[charles.ruxton@trinitychurches.org](mailto:charles.ruxton@trinitychurches.org)

## Courses:

**Soul Food** is a 6 day/ 12 evening course for those who wish to grow in intimacy with God. See separate leaflet/ web page.

**Spiritual Listening** is for those who wish to offer the gift of listening to others in whatever setting they find themselves. See separate leaflet or web page:

[lichfield.anglican.org/spiritual-direction-courses](http://lichfield.anglican.org/spiritual-direction-courses)

**The Art of Spiritual Direction** is a course to train people for the ministry of Spiritual Direction. 80 contact hrs. See separate leaflet. Contact:

Revd Charles Ruxton . 01743 891636  
[charles.ruxton@trinitychurches.org](mailto:charles.ruxton@trinitychurches.org)

## Spiritual Direction

Many Christians value having somebody that they can talk to in confidence about their life under God. They are given many names, companion, spiritual director, soul friend etc. If you would like some help in finding such a person, or would like to have a chat about what such a relationship might be, we have a coordinator in each Episcopal Area.

### Wolverhampton Episcopal Area:

Deborah Sheridan: Tel: 01543 264363  
email [d.sheridan@postman.org.uk](mailto:d.sheridan@postman.org.uk)

### Salop Episcopal Area:

Stephanie Fahie: Tel: 01743 588307  
email [steph.fahie@gmail.com](mailto:steph.fahie@gmail.com)

### Stafford Episcopal Area:

Freda Bishop: Tel: 01782 372924  
email [freda.bishop@virgin.net](mailto:freda.bishop@virgin.net)

## Parish/ Deanery guided prayer

Individuals are paired with Companions, meeting daily for a week, or perhaps weekly for a month, or for Lent. A marvellous way for any group to explore prayer.

[charles.ruxton@trinitychurches.org](mailto:charles.ruxton@trinitychurches.org)

## Lichfield Cathedral

For 1300 years, the Cathedral has been a place of pilgrimage, the Shrine of St Chad being the main focus. Even today, pilgrims come to pray at the shrine at the west end of the Lady Chapel. Nearby is an intercessions board, and prayers are offered daily for people in need, for parishes of the diocese and the wider church and national concerns.

Contact: Lichfield Cathedral, 19A The Close, Lichfield, Staffs WS13 7LD. Tel: 01543 306100  
Email: [enquiries@lichfield-cathedral.org](mailto:enquiries@lichfield-cathedral.org)

## Shallowford House

Set in a 3.5 acre garden in open countryside the diocesan retreat and conference centre is the ideal setting for relaxation and renewal on events such as: organised or private retreat, parish weekend, away day, training event or conference.

The Warden, Shallowford House, Stone, ST15 0NZ. Tel:01785 760233.  
[info@shallowfordhouse.org](mailto:info@shallowfordhouse.org)

## Dovedale House

The Diocesan Residential Youth Centre is the ideal venue for groups of all ages to explore their Christian faith in the beautiful Peak District hills

The Warden, Dovedale House, Ilam, Ashbourne, DE6 2AZ Tel: 01335 350365  
<https://www.dovedalehouse.org/>

## Diocesan Spirituality Team

The aim of the team is to be a diocesan resource for churches to encourage spiritual growth

Members of the team will be happy to help you find leaders for Quiet Days and Retreats.

**Chair of Team:** Charles Ruxton. 01743 891636  
[charles.ruxton@trinitychurches.org](mailto:charles.ruxton@trinitychurches.org)

**Secretary:** currently vacant.

## Spirituality Fair



The Team are available to put on a full day or half-day event with workshops on aspects of Christian prayer and a keynote speaker. This requires full commitment from the local Deanery or Area and preferably 9 months' notice.

More information about resources for spirituality and the Spirituality Team is available on the Diocese web site:

<https://www.lichfield.anglican.org/spirituality-resources>



## Other Centres for Spirituality in and around the Diocese

Cloverley Hall, Whitchurch  
Managers: 01948 890688  
[www.cloverleyhall.org](http://www.cloverleyhall.org)

New Place, Rowley, Westbury  
Rev Charles & Sylvia Ruxton 01743 891636  
[www.newplace.org.uk](http://www.newplace.org.uk)

The Quinta, Oswestry  
Administrator 01691 773696  
<http://www.quinta.org>

Reflections, Cannock Wood, Rugeley  
Rev Christine Polhill 01543 674474  
[www.reflectiongardens.org.uk](http://www.reflectiongardens.org.uk)

St Chad's House, Leek  
Gary & Jaimie Crick 01538 423318  
[St Chad's House - Leek Area Team Benefice](http://www.stchads-house.co.uk)

St Chad's Boningale, Albrighton  
[davidcoterell99@gmail.com](mailto:davidcoterell99@gmail.com)

Sanctuary at Colton House, Colton, Rugeley.  
<https://sanctuaryatchartleymanor.com/>

Pilgrimage route: The Two Saints Way runs between Lichfield and Chester:  
<https://www.twosaintsaway.co.uk/>

# RESOURCES FOR SPIRITUALITY

IN THE DIOCESE OF LICHFIELD



**Come follow Christ** in the footsteps of St Chad