

Cambridgeshire Courses in Spiritual Direction



Praying the Spiritual Exercises 2026-2027

Praying the Ignatian Exercises over a 9-month period, in a group setting, with 2-weekly reviews

Monday half-days

10.15am - 12.15pm

The programme will run from 21st Sept 2026 to 10 May 2027. It includes:

- opening and closing information/prayer packs
- weekly prayer sheets for daily use at home
- sharing in small group review meetings (usually four participants plus two tutors)
- 19 directed review meetings, mostly spaced fortnightly (full date list overleaf).

Venue – St Andrew's Church, Histon (just north of Cambridge)

This programme of praying the Spiritual Exercises is open to anyone interested in deepening their prayer relationship with God.

You must simply be willing to commit to sharing confidentially in a small group over the full 9-month period. (You don't need to have studied spiritual direction, nor intend to in the future.) Benefits of praying the Exercises in this way include: developing reflective prayerful practice in daily life; sharing the journey, encouraged by God's grace and learning from each other; some opportunities for facilitated peer group direction.

Course fee: £500

Led by tutors from the CCSD team.

① Details of how to apply are given overleaf. For more information contact ccsd.secretary@gmail.com or use the 'contact us' form on our website

Date list for our 2026-2027 programme

The dates are arranged so that the prayer programme fits well with the main Church festivals, and also avoids school and bank holidays. This means that the directed review meetings occasionally happen at spacings other than fortnightly - these variations are indicated with an asterisk below.

2026

September 21st (Introductory meeting)

October 5th, 19th

November *2nd, 9th, 23rd (*1-week gap 2nd to 9th November)

December 7th and *21st (*2-week gap over Christmas)

2027

January 4th, 18th

February *1st, 8th, 22nd (*1-week gap 1st to 8th February)

March 8th, 22nd

April 5th, *19th, 26th (*1-week gap 19th to 26th April; 3-week gap 26th April - 10th May)

May 10th

How to apply

Please write to ccsd.secretary@gmail.com with the information below. Spaces on the programme will be offered on a first-come-first-served basis. If we are able to offer you a place, the administrator will let you know and then either they or our treasurer will contact you to ask for a £50 deposit so as to secure your place.

1. **Contact details:** Please supply your name, address, email and phone number.
2. **Other personal details:** Your denomination, age, present occupation and personal status (eg. single or in a committed relationship)

Your interest: Please take time to pray and reflect on the points below.

3. **Faith story** – Briefly (3 or 4 paragraphs) indicate the most significant aspects of your journey of faith so far.
4. **Spiritual direction** Please give brief details of your own experience of spiritual direction. If you've never experienced it, please (briefly) tell us what you understand it to be.
5. **Spiritual exercises**
 - a. How did you hear of the Spiritual Exercises in daily life?
 - b. Why do you want to make them?
 - c. How do you feel about the commitment to pray in this way for 9 months? Give some time to consider whether you really have time to commit, not just to the Monday meetings, but to daily prayer for the duration of the programme.
 - d. How do you feel about sharing, in confidence, in small groups?

Data Protection: We will hold your information solely to administer this course. Should you complete the programme, your contact details only will be entered onto CCSD's alumni database, for the purposes of informing you of upcoming courses/programmes unless you tell us not to do so (you can opt out later at any time). CCSD will not pass on your personal information to any other person or organisation.