

Dates

To make our programme more widely accessible, it will have the following elements:

- 3 Saturdays in person: 7 March, 6 June, 11 July (Whirlow S11 9SY)
- The weekend retreat: 24-26 April (The Briery, Ilkley LS29 9BW)
- Wednesday 7.00 pm Zoom sessions: 11, 18, 25 March, 1, 15, 22 April, 6, 13, 20 May, 3, 17, 24 June, 1, 8 July
- Additional online material (to watch/download)

If you would like to be kept up to date, please contact Suzanna (see below).

Fees

We encourage participants to ask their church/supporting bodies to contribute. The fees for participants within the geographical area of the Diocese of Sheffield (including the retreat, online videos, and other materials) are £200 per person. The Church of England's Strategic Mission and Ministry Investment Board subsidise SG&T via a grant to the Diocese of Sheffield.

For information about grants (or fees if you live outside the Diocese of Sheffield, please contact Suzanna (see below).

To apply

- 🌐 complete the online form at sheffdio.org/SGT (or use the QR code)
- ✉ send the enclosed forms to Suzanna Upperdine, Diocesan Church House, 95-99 Effingham Street, Rotherham S65 1BL.
- 📞 phone Suzanna on 01709 309 147.



Applicants will have a meeting with SG&T facilitators in January. These help us:

- discern together if SG&T and the timing seem right
- respond to any questions.

The closing date for applications is 1 December 2025.

 **THE DIOCESE OF SHEFFIELD**

**March
– July 2026**

Blended delivery

**Spiritual Growth
and Transformation**

Formation in prayer
and discernment

Spiritual Growth & Transformation 2026

“And we... are being transformed into his likeness” (2 Cor. 3:18)

Spiritual Growth & Transformation (SG&T) builds on learning through experience. It is not academic. This 'blended SG&T' involves face-to-face and online learning. You will need access to a computer and to be comfortable with using Zoom and webpages.

For everyone

We invite anyone of any denomination or none to apply. We embrace equality and diversity and are working to make accompaniment accessible to everyone. We especially welcome applicants with disabilities and those from minority groups.

SG&T is for you if you have asked yourself any of these questions:

- isn't there more to faith and life?
- how can I deepen my faith?
- what will help me grow spiritually?
- how can I satisfy my longing to draw closer to God?
- who am I called to become?
- how can I listen better?
- have I a vocation to become a spiritual accompanier?

SG&T is freestanding. With the Art of Spiritual Accompaniment it may enable the formation and learning to become a spiritual accompanier.

Aims

SG&T will help you draw closer to God through:

- sharing in prayer, listening and reflection
- encountering the transforming work of the Spirit
- discovering God-given gifts
- opportunities for a faithful response to the call of Christ.

Features

- prayer and reflection, experiencing a range of approaches to prayer
- listening in small groups to develop awareness
- reflection in groups on the growth points experienced
- exploration of significant themes in Christian spirituality.

Delivery

In person and online: we spend significant periods of time in silent prayer and reflection. We then meet in small listening groups. In these safe and sacred spaces, we share what we have experienced. Using various approaches, we develop our openness to the Holy Spirit.

Weekend retreat: we spend much of this time in silence.

Videos: we explore themes to support our formation in our own time.

Requirements

- desire for a deeper relationship with God and openness to new possibilities
- participation in a Church or other Christian community
- willingness to share your personal experience and keep a spiritual journal during the course
- to have a spiritual accompanier during the course. (For help in finding someone, please contact Suzanna Upperdine (details overleaf))
- commitment to attending all course sessions.

Unsure?

If you are unsure whether SG&T is for you, please email spirituality.adviser@sheffield.anglican.org or phone Rev Dr Julian Raffay on 07907 331 859. I will be happy to hear from you. (Tuesdays and Wednesdays are best).