

# Paying Attention To God

A way of listening

The phrase, "If today you hear his voice,"  
Implies that the divine voice must somehow  
be accessible in our daily experience, for we are  
creatures who live one day at a time. If God wants  
to communicate with us, it has to happen in the  
course of a 24-hour day, for we live in no other  
time. And how do we go about this kind of listening?

*Rummaging for God* Dennis Hamm SJ

**Beginning Saturday September 10, 2016**

**Led by Mrs Breige O'Hare and Rev Alan Lorimer**

**ADDITIONAL INFORMATION  
AND APPLICATION PROCESS**



## PAYING ATTENTION TO GOD: APPLICATION PROCESS

We ask you to write to us using the outline at the end of this document. Send your application to the administrator, Kay Irvine, at Edgehill Theological College, Lennoxvale, Belfast. BT9 5BY

On receipt of your information, we will be in touch about arranging a mutually convenient time for a conversation with Alan Lorimer and Breige O'Hare in Edgehill College. The purpose of such is to help discern if this year is a good fit for your journey at this particular time.

Closing date: **First closing date is Friday 10 June**, with conversations scheduled for end of June. Should places still be available after that, **we will take applications over the summer until August 12**. Conversations following the receipt of summer applications are scheduled for 30/31 August. Early application is recommended.

To help you to decide if the year will be of interest to you, we include the following information. If you have any further queries, contact Breige O'Hare at well.com: 02890319530

Fees for the year £280, payable in instalments.

### Page

- 2      Paying attention to God: Introduction
- 3      What might you expect over the eight Saturdays?
- 4      Overview of Saturdays
- 5      Why this year might appeal to you
- 6      Facilitator profiles and acknowledgement of support
- 7      Spiritual direction on offer as part of the experience
- 8      Application format - to return to Edgehill

## PAYING ATTENTION TO GOD: INTRODUCTION

*I have plans for you*, God says to Jeremiah. *Look for me with all your heart*, he reassures him. *You will find me*. This conversation between Jeremiah and God is familiar to us, so familiar that we might miss the significance - the magnitude - of what God is offering. Too often, we focus on the first part of this conversation, the piece that refers to the God's plans and our listening to God centres on picking up 'the plan'. We listen for instructions, for some sign to reveal God's opinion of our actions or some clue as to what God might want us to do next. We do so at the expense of the main purpose of God's communication with us, highlighted in the second part of the conversation with Jeremiah. God wants to be found, to be known: God is offering relationship, intimate relationship.

*God has created us for intimate friendship with him, both now and forever. This is the Christian viewpoint. It is made clear throughout the bible especially in passages such as Exodus 29: 43-46, 33:11, Psalm 23; Isaiah 41:8; John 15:14 and Hebrews 13: 5-6*  
*Dallas Willard, Hearing God p12*

The primary focus of this year together is our shared desire to deepen and grow in relationship with God, so that we might know God better, recognise the longings of his heart and pay attention to that heart's unforced rhythms pulsing in our lives. In an approach rooted in Ignatian spirituality, drawing on the wisdom of Christian tradition and psychology, we pay attention to God, not only in prayer and reflection on scripture and but also in our own stories and in the ordinary events of our daily lives.

In paying attention to God over the coming year, we are not aiming to listen out for something new, nor are we going to apply a technique to switch on some 'spiritual sound system'. We rely on the fact that God's communication is always happening in us: God's voice is already familiar to us. We are going to pay attention so that we might notice what we are already hearing, the voice of the Shepherd God. We will do so trusting that he speaks into every aspect of life, with all its ups and downs.

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*Rummaging for God Dennis Hamm SJ*

A major part of the year is the recognition of the need to reclaim the lost art of paying attention to the simplest and most basic details of this life and to the relationships and conversations we have with others. As the year continues, we become more aware of our own inner world of thoughts and feelings, desires and fears, those things that lead us to God and the things that seem to distract or divert us. We notice what gives life and what drains us.

We become more aware of the blocks to our own listening and our blind spots and hopefully become less judgemental of others as a result. We learn to listen differently, to be present in *this* moment, present to ourselves, to others and to God, without agenda or expectation, relieved of the need to fix, sort or make better, more accepting of and attentive to what is...now.

## WHAT MIGHT YOU EXPECT OVER THE EIGHT SATURDAYS?

- Each day begins and ends gently with scripture-based prayer
- We use adult learning methods - a mixture of short inputs, experience, conversation and prayer/reflection. We are aiming for a group of 20-25 people, a diverse blend of Christians - Catholic and Protestant - representing the full range of Christian denominations. We will spend a good deal of time on the first Saturday forming the group as a safe place for people to participate freely - which means feeling free to speak and free to be quiet. It is important for some people to get space to think; others need a chance to talk things out. We try to accommodate different preferences.
- The general themes for the Saturdays are given on page 4. The learning experiences will be shaped by contributions of group members. Each day, there will be opportunities for engaging with the input through prayer, reflection and discussion/activity. Each afternoon, there will be a blend of opportunities for personal reflection, one-to-one conversations and group discussion of what we are learning through listening. We hope that these experiences will enhance self-awareness and contribute to the growth of sensitive and compassionate listening.
- You will be asked to keep a course journal as a vital tool in the process of your own learning. We realise this might be new to some people so we ease you into it gradually. We review your journal after Saturday 3 and Saturday 6 and provide some feedback to help you to get the most out of the process.
- There is a short list of recommended reading which includes *Paying Attention to God* by William Barry SJ and *Hearing God* by Dallas Willard, *God's Voice Within* by Mark E Thibodeaux SJ and *Everybody's Normal til you Get to know them* by John Ortberg. You will be given copies of additional reading material along the way. We aim to keep the reading simple and choose authors for their capacity to write in plain English and connect the awareness of God with everyday life.
- Our hope for the year is that you enjoy the learning experience. So while there are serious subjects, sensitively handled, we deliver the days with a light touch and pepper them at appropriate moments with humour. God has a sense of humour. It would serve us well at times to remember this.

## OVERVIEW OF EIGHT SATURDAYS

You will notice below that we spend the first half of the year encouraging you to listen to yourself. This might seem counterintuitive if your interest in the year is on how to pay attention to God and others. Not so. Often our listening is quietly and powerfully influenced by our unrecognised agendas and the emotions, expectations and assumptions we bring into conversations/prayer with us. The more awareness we have of these important undercurrents, the more freedom we have to be truly present and available to God, self and others.

DATE	TITLE	Focus of Input and reflection	Focus of practice: paying attention to.....
Sept 10	My presence will go with you	The Heart of the Covenant God's story meets your story	Being present: the power of stance and silence
Oct 8	Who do you say that I am?	Who God is in scripture Who God is for you.	Self-awareness: your body alive in the present moment
Nov 19	It's me. Don't be afraid	Being yourself with God.	Being yourself: noticing and naming emotions
Dec 10	Come down Zacchaeus	Becoming Beloved Journeys of growth	Personality and growth
Jan 14	Streams of Living Water	Our inner compass: clues to God's longing in our desires	'highs and lows' and 'pushes and pulls' in conversation
Feb 11	Let me see again	Voices that build you up and beat you down. An intro to consolation and desolation	Keeping company with pain and distress
Mar 11	Remain in me	Developing a discerning heart	Setting aside your own agenda, listening with your whole heart
Apr 8	And their eyes were opened	God's story meets your story	A way of listening

## WHY THIS YEAR MIGHT APPEAL TO YOU.

- Your work requires you to listen to others, either in small groups or in a one-to-one context. You have basic listening skills but want to become a more sensitive listening presence.
- You are the person others go to if they need to talk. You want to be able to listen in a way that is helpful and life-giving for you as well as for those who speak with you.
- You are working in ministry. People come to you for spiritual guidance and comfort. You have that five minute conversation with a parishioner outside the church or sitting at a bedside not sure what to do. You want to be a better listening presence, more aware of God with you in the moment.
- You are making work/family decisions and want to develop ways of paying attention to God in the process
- You are a good listener, attentive to the needs of others. You suspect that it is time for you to know a God who is listening to you, who is paying attention to you and who cares about your needs also.
- You have experienced the benefits of spiritual direction and want to deepen your own capacity to listen to others and to yourself.
- You may be feeling the stirrings of a call to this ministry of spiritual direction for yourself and want to inform and give space and time to reflecting on God's plan stirring in you.

This programme is a requirement for those considering the STEPS ...in Spiritual direction programme for Sept 2017

Opportunities for one-to-one spiritual direction can be made available in the weeks between each Saturday, for those who want to try it. Again, this experience is essential for those considering spiritual direction as a particular call.

## PROFILE OF FACILITATORS

**Breige O'Hare (Bsc, BAgr MA)** is a spiritual director based in well.com, a Christian Centre for Psychological and Spiritual wellbeing. She was trained by the Jesuits in Manresa House, Dublin and has an MA in Pastoral theology and a Certificate in Counselling from QUB. She works with lay and ordained people, offering one-to-one sessions, as well as reflective prayer and learning experiences and retreats for groups and congregations.

Breige is author of two books, *The Nearness of God: Rediscovering God's Love and Longing* (Shanway Press 2011) and *Whole Parish Catechesis: Faith development for the Faint Hearted* (Columba Press, 2005). Her research into the patterns of growth in relationship with God is used internationally in the training of spiritual directors. For the past two years, Breige worked with Rev Diane Clutterbuck to facilitate 'STEPS...in spiritual direction' an interdenominational (Ignatian) spiritual direction training programme, delivered in partnership with Edgehill Theological College, Belfast.

**Alan Lorimer (BSc. BD. P. G. Dip Cognitive Therapy)** is a Counselling Psychologist on the Register of the Health Care Professions Council (HCPC) and a Registered Psychologist with Psychological Society of Ireland (PSI). He is also an Accredited Cognitive Behavioural Psychotherapist with The British Association of Behavioural and Cognitive Psychotherapy (BABCP) and a Minister in the Methodist Church in Ireland.

Alan has many years of experience, working with a wide range of mental health difficulties with a specialist interest in the integration of spirituality and psychotherapy. He has practiced and trained in mindfulness- based CBT and is a trainer in Centering Prayer.

### Acknowledgement of support:

This interdenominational work has been well received and supported across the denominations. Particular thanks are due to Revd Dr. Ruth Paterson, Dom Mark Ephrem Nolan, OSB, and Rev. Diane Clutterbuck for their wise and reflective contributions to conversations in the planning stages and their ongoing support for this initiative.



## PAYING ATTENTION TO GOD....a way of listening

Application for year beginning September 2016

To be returned to Mrs Kay Irvine, Senior Administrator, 9 Lennoxvale, Belfast, Co. Antrim, BT9 5BY by the application deadline: 10 June, 2016

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NAME

ADDRESS

TELEPHONE

Landline

Mobile

E-MAIL

CURRENT/RECENT OCCUPATION

RECENT EXPERIENCES OF BEING A LISTENER

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Tell us why you want to join us on this journey



SIGNED

DATE