

EXPLORE SPIRITUALTY THIS JANUARY WITH WOODBROOKE

Welcome the new year by deepening your spiritual practice through a Quaker lens. Explore faith, joy, creative writing, spiritual wholeness, and nurturing practices to support your journey...

SAT 3 JAN, 9:00-16:30

£48

SHARING OUR JOURNEYS OF FAITH



ONLINE COURSE

We have all come to Quakers by different routes. In a small group, this course will enable us to look at where we started, how we travelled, the waystations we found along the way and finally how this path has led us to the lives we live today.

10 JAN - 11 APRIL

£48

SPACE FOR JOY



ONLINE COURSE

Perhaps joy is a gift, a grace, as well as something to be cultivated? How can we put ourselves in the way of joy? Over four sessions across four months, we will create a shared space together to reflect on joy and engage in joyful practices.

12 JAN - 2 FEB

£60

WRITE FROM THE HEART



ONLINE COURSE

Explore creative writing as a tool for spiritual reflection and development through a range of reflective writing activities. Writing prompts and exercises will guide you to write from the heart rather than the head.

28 JAN - 18 FEB

£54

SPIRITUAL WHOLENESS



ONLINE COURSE

What is your path to spiritual wholeness? How can you strengthen your connection with the Divine, yourself, and others? This course explores how building and nurturing these connections can guide us toward a more complete spiritual life.

30 JAN - 1 FEB

£54

SPIRITUAL PRACTICES TO GUIDE AND NURTURE



ONLINE COURSE

Have you ever wished that you had greater clarity about how you are called to minister in the world? In this course, you will experience a variety of Quaker spiritual practices to help you discern your calling and sustain you in service and witness.

FIND ALL OUR COURSES ON
SPIRITUALITY ON OUR WEBSITE:
[WOODBROOKE.ORG.UK/SPIRITUALITY](https://woodbrooke.org.uk/spirituality)



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