

**BRIGG, LOUTH, MARKET RASEN AND WOODHALL**  
**SPA COMMUNITIES OF ENQUIRY.**

1. “The Cloud of Unknowing” : an Introduction to Contemplative Prayer.
2. “Faith and Reason” : an Introduction to Christian Philosophy; exploring Questions such as, “Can we PROVE that God exists?”
3. “Lectio Divina” : Prayer in the ancient Monastic Tradition.
4. “Faith Seeking Understanding” : an Introduction to Christian Theology; exploring Questions such as, “Who IS ‘God’, anyway?”
5. Centering Prayer : following the Trappist teaching of Thomas Keating.
6. The Doctrine of the Trinity : exploring Classical and Contemporary views on this essential Christian teaching.
7. Christian Meditation : following the Benedictine teaching of John Main.
8. Bible Study : an easy Introduction to Books of the New Testament.
9. “Hear Our Silence” : following Carthusian teaching on Prayer.
10. Chanting the Psalms for Beginners : different styles and traditions explained and explored.

If you are interested in any/some/all of Items 1 to 10 above, *OR* any other Topics, and would like more information or further discussion, please contact Deacon James Hunter email: [james.hunter200@btinternet.com](mailto:james.hunter200@btinternet.com)

*N.B. “Communities of Enquiry” normally comprise larger, Church Hall groups, or smaller, House groups, of two to five members, meeting on a weekly, fortnightly or monthly basis. Where there is a “group” of “one”, Spiritual Direction and one-to-one Formation can be given. The “Community of Enquiry” approach is NOT that of other typical “Study Groups” or “Workshops”, nor does it involve “academic lecturing”. Instead, the “Community of Enquiry” approach seeks to foster bonds of spiritual fellowship, friendship, solidarity and community, through the activities of Reading together, Questioning, Teaching, Sharing, Discussion, Practice and Prayer (where applicable). The time-frame is one of “slow-cook” rather than “fast-food”, and depends on one’s “availability”, rather than one’s “ability”, whilst, at the same time, offering scope for “adult” Christian growth.*