



The CRAIGHEAD INSTITUTE
of life and faith

Integrating Life and Faith

A course for those who wish to explore how to live out their faith in the challenges of today's world

What is this course about?

This course is an opportunity, in a safe space, to explore how faith is lived out in the reality of today's world – in our relationships, families, homes, workplace and the events of everyday life, as well as in prayer, in Scripture and in the Sacraments. It explores the role of Christians as citizens in society and the ways in which all people of faith can make a difference.

TOPICS INCLUDE:

building trust
and
communication

faith and taking
action for social
justice

finding God
in our lives and
communities

Who is this course for?

Recent research indicates that ILF deepens people's individual and collective Christian identity and helps them to be confident in making a contribution to society. Those who participate come with a wide range of experiences. Some have not talked seriously about their faith for many years while others may be more actively involved in the Church. Many find it transformative.

HERE ARE SOME THINGS PAST PARTICIPANTS HAVE SAID ABOUT THE COURSE:

"I feel that the experience of the course has changed me in the ways I relate to people, in my work and in how I am in myself."



"...each time I came for a module I have left with a renewed hope and energy...There is now a willingness to speak my truth."

IGNATIAN SPIRITUALITY IS AT THE HEART OF THE COURSE

Some of the areas which will be explored during the course:



What will it be like?

Each session draws upon the experience of group members to make it relevant to the issues and situations that are important to them. The sessions are relaxed, with lots of discussions and activities. Participants are encouraged to reflect between sessions, meet up with other members and start putting the learning from the sessions into action.

What is involved?

There are four modules, spread over the course of 6-9 months. There are different options for how these are organised, for example 4 weekend blocks every six to eight weeks or a Saturday and two evening sessions for each of the 4 modules.

During the gap between each module participants undertake to meet three times with a small group of fellow participants at a mutually agreed time and place. Participation in all the sessions and in the smaller group meetings is something participants are asked to commit themselves to. The course will be offered in Renfrew beginning in Spring 2018.

Is there a cost?

Yes, but in trying to ensure availability of ILF to all who would like to undertake the course, we strive to keep the cost to an absolute minimum and we encourage participants to seek funding, for example, from their parishes.

For further information, please contact us at: lisa@craighead.org.uk and we will get back to you.

About us



The Craighead Institute is a not-for-profit centre of learning, consultancy and research, based in Scotland with strong international links. The mission of the Craighead Institute is to integrate life and faith for a more just world. Over the years our courses and consultancy work have led to turning points in the lives of individuals and in the work of organisations seeking to make a difference. Founded in 1987 and grounded in Ignatian spirituality, we work with individuals, groups, organisations and congregations concerned with social justice and committed to bringing about a more humane world.

Find out more about us at www.craighead.org.uk or email: lisa@craighead.org.uk

