



Kaleidoscope

A shared journey helping you to explore the patterns of your life

Information about the course



Truro Cathedral

Aims of the Course

Our overall aim is to help you and the learning companions develop further our skills of listening to, encountering and discerning God in ourselves in the church and in the world.

We believe we cannot force God to encounter us by our own efforts. We can only prepare and make ourselves ready.

We believe that God wants to speak and encounter us by what he is doing in and through the world as well as speaking in and through Christian Tradition, the Church and the Bible. When God speaks it may not always fit into obviously religious experience and language and it may be in and through people and situations that seem on the face of it to have nothing to do with faith.

Our hope for you is...

that whatever your faith by the end you will have learnt and developed skills that develop responsive, considered and reflective living.

Our hope for you is that you will be confident in whom you are as a human being and that your experience to date will be a storehouse of knowledge. We believe that you already have in you all that is necessary for this course.

Our hope is that you will explore different ways of learning. We hope you will explore the different and best ways you learn using senses, feelings and thought.

What will you get out of doing this? By the end of this course you will be able to reflect on your life and faith, the life of the Church and the world. You will be able to understand the connections between the different parts of your life.

Course Programme

How are we going to achieve these hopes? There will be three themes for the year. The course will be in two parts, the actual weekly sessions and a personal learning portfolio. This personal learning portfolio will include a journal, a case study and presentation as agreed with a learning companion. The journal is to help your personal reflection and development. If you wish you can choose a journal partner from amongst the others. Because we all learn in different ways the journal entries will be varied. The journal itself might be a box or a book. If for example you are asked to consider the way you **listen** or **see**, your journal entry could be something you have seen or heard, it could include memories, colours in themselves and items such as embroidery using your sense of touch. All we ask is that you will be able to talk about the journal entries in a conversation with a learning companion at the end of each term.

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First Theme: Encountering oneself



Candles. *Our lives are like flickering candles. How do we experience them? How do we join our light with others? How does God encounter us as complete human beings using our senses and our feelings as well as our thinking? How does God meet us when we are together as well as individuals? In this section we will reflect on our sense-experience which will involve listening to music, looking at art, the Cathedral and reflecting on the experience of worship.*

Encountering oneself - how we experience the world

The aims are

- to enable you to understand how God encounters us as complete human beings of mind body and spirit and as groups of human beings. It will provide a way of understanding ourselves as individuals and as a part of communities
- to enable you to develop of thoughtful reflection on the experiences you receive through your senses and feelings
- to enable you to develop awareness of yourself as an individual, “me” with your mind, body and spirit
- to enable you to develop awareness of being part of “us” with “our” mind and body. It is like the distinction between the self-consciousness of a person in a family and family consciousness.

Your outcomes.

You will:

- be more aware of your inner life and if you wish, use it for your prayer
- be able to develop the ability to listen to sound expressing meaning
- have reflected on your interaction with space and movement in the action of church services and through the use of imagery and colours observe your response to what you see
- through the choice of your personal learning portfolio know and understand how the encounter with God can be experienced through the senses, feeling, reflective processes (the way we think) and formal movement and gestures of the body
- be more aware of your own experiences and responses as an individual
- be aware of how when and where these experiences happen
- be able to notice how such experiences are thought about and used by communities such as a church.

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Encountering oneself:

- inner listening

Facilitator: Judith Warren.

Sessions 1 and 2 will combine the following elements.

Listening to oneself: Inner consciousness and life of the spirit- developing techniques of self- knowledge and reflection and for those who wish the deepening of self-awareness in the practice of personal prayer and inner attention.

Listening to oneself in response to Christian spiritual leaders/writers. Others over the ages have also been engaged in these things. Some of these people have recorded their experience or offered treasured advice. We can learn from their journeys including the dark as well as the light, questions as well as stillness.

Encountering oneself:

- liturgy

Facilitator: Canon Perran Gay

The main focus of this will be the Cathedral Eucharist.

Session 3

A general introduction. We will be learning about the 'language' of liturgy. What is the structure of worship and its inner rhythm? We will be exploring the processes of listening, seeing, feeling in worship as an enfolded human being. Our aim is to move away from understanding our spiritual experience as a thought process alone, we want us to open our eyes!

Session 4

Liturgy and Life: we will be finding out what is happening "externally" in an act of worship. What are the special and symbolic relationships with others and the building? How does the vision offered by worship connect with life?

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Encountering oneself:

music- the understanding and development of listening skills

Facilitator: Christopher Gray

Session 5

Music: General introduction: our listening skills will be heightened our ears trained to hear different sounds and how they evoke our feelings.

Session 6

Music: Sounds & Rhythms: music, words, feelings, images, how they can reflect each other.

Session 7

Listening with our spiritual ears to music: how does music convey spiritual experience?

Encountering oneself:

visual arts- developing the use and understanding of visual skills

Facilitator: Michael Swift and Canon Philip Lambert

Session 8

General introduction: “seeing” skills, helping us to note how the eye and brain see. How does your eye work when faced with works of art? How do your understandings and feelings arise?

Session 9

Iconography and classical religious art: how does the brain and eye respond to icons? We will explore the language and experience of religious visual art.

Session 10

Worship: using our visual skills we will be looking at how stained glass and architecture connect as a part of worship.

Session 11

Personal Learning Portfolio.

You will be invited to choose one of the following: a piece of music, a piece of fine art architecture or sculpture, an observed act or part of an act of worship or a spiritual /psychological biography or autobiography. Then you will be invited to talk briefly to the group explaining how the example attracted you. How you think God has encountered another person or group or you at the level of the senses, feelings and thought and how you or they responded. The choice of what you are to say, show or get the group to hear is to be discussed and agreed with a learning companion.

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Second Theme: Encountering community



Worlds. *Our world makes us and we make the world. How do the fragments make patterns? How does who we are connect with the world around us? How do we connect with our community? Family? What we see on TV or read? How does our Christian Faith connect with the important things happening to us all? Can it contribute? What is God saying? Where is he speaking?*

Encountering community

- how we experience community and culture

The aims are:

- to enable you to observe our contemporary culture using your senses, thought and feeling
- to enable you to discern the challenges to your faith from the encounter with all of life.
- to enable you to challenge the issues raised within and by our culture.

Your outcomes:

You will

- become more confident in observing contemporary culture
- build on the previous development of your skills of listening, seeing and feeling and learn to apply them to your own understanding of life.
- feel more confident about the contribution Christian faith makes to life.
- develop your skills to contribute more effectively through your faith to your community.

Facilitator: Michael De-Lashmutt

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Encountering Community:

- living in communities

Session 1

Living in communities: how we belong and experience community. We experience community as individuals and as members of other groups. What are they? What do they make us feel? What groups dominate the way we feel, think and act and which do not e.g. family, nation, Church, village, town, work, virtual communities. Can we use our Christian background to understand what it is to be human and living in community?

Encountering Community:

- making connections

Session 2

Making connections: a general introduction. There are many different ideas and understanding of being human that drive our world, and tell us what is best for our happiness and purpose. What are they? (Work, leisure, life and death- is there any meaning?) What do we want from life?

Making connections: How does Cornwall connect with the bigger picture? How do all local, national and international social, political and economic issues and trends connect with our lives and the issues we face?

Session 3

Making connections: Christian faith how does it connect? We will be learning to look, listen and think from our faith about our world. We might make a trip to the Eden Project and see how a Christian understanding can be followed through to an issue like the environment.

Encountering Culture:

- How do artists and mass culture respond and shape our experience of the world?

We will be learning how culture informs us about ourselves and how to reflect upon it.

Session 4

Encountering culture, mass media and technology- what is going on?

Session 5

Encountering culture, film, literature, music and art what are the feelings and images used? What are we hearing?

Session 6

Encountering culture, science, 20th Century history, secularism and faith- what is being said and felt? What is going on?

Session 7

Encountering Community: can it be changed? A final session where some “practising” theologians, lay and ordained in smaller groups in a kind of café style respond to prepared questions from you which are important to you and have emerged from this theme. We want to know how the theologians’ think, how did he or she come to their conclusion, what points did they start from, what resources did they use and how did they use them? Did their approach help you?

Personal Learning Portfolio - A Personal Case Study. Record the results of the process in session 7 using any method you are comfortable with (e.g. spreadsheet, a flow chart, illustration or written material). Track the method the theologian used. Did the method the theologian used affect your understanding of your question? Did it satisfy you? Do you now understand the question in a different way? Do you feel differently about the question? Will you act differently? If so how?

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Third Theme: Encountering the Tradition



Flowers. *We have been given deep spiritual roots to help us flower now. What are these roots? How can we use them? Those roots are part of us and in this part we will hear from the Bible and some Christians from the past- how do they nurture our 21st Century faith? What sounds, images, feelings come over? How did they learn from their world? How did they contribute?*

Encountering the Tradition

The aims are:

- to deepen our understanding of how God has encountered us human beings in space and time
- for you to explore how the roots of the faith have been nurtured and expressed through words, images, icons, and thought
- to have a look at how God has encountered human beings as individuals and as members of the community of faith.

Your outcomes:

- You will be able to know how to use our faith tradition by reflecting on how it uses images, sounds, feelings and thought.
- You will be able to understand what the different parts of our tradition are getting at.
- You will be developing skills to enable you to use our faith tradition to understand your own way of fulfilling your part in the making of tradition, deepening your calling and contributing to your communities.

Facilitators: David Rhymer, Stephen Dawes, Canon Philip Lambert

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Encountering the Tradition

Session 1

Tradition made through experience- how early Christians reflected on their experience of faith and worship. How did it shape their self-understanding and that of their Christian community? How did the lives of these people help to form our faith?

Session 2

Tradition made through sound and images- We will be looking and hearing how the Christian Faith has expressed and understood itself at many different levels including poetry, using images, sounds and feelings.

Session 3

Tradition made through interpretation- we will be seeing the different ways texts from the Bible can be used and what the writer felt, saw and understood from his or her world.

Session 4

Tradition and the Bible- history, culture and objects- we will be experiencing how images from the Bible like that of “marriage”, wine, water, banquets, Israelite history, Christmas stories have strong feelings attached to them, feelings like belonging, prosperity. How do these thoughts, feelings and understandings get used?

Session 5

Tradition and the Bible- the figure of Christ. Images and pictures are used to build up a picture of Christ from the Old Testament into the New. How did early Christians explore the figure of Jesus Christ in the Old Testament?

Session 6

Living the Tradition in worship- the church over the ages has linked these images in its worship and art. By doing this worship has helped to interpret biblical texts. It does this by where it places the different texts in the service and also how it uses music and art.

Session 7

Where do we go from here? The practical outcomes and experiences of the course reviewed by us all.

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Other Course Information

Awards:

After the end of the course we hope to have an award ceremony during the Truro Cathedral Sunday Choral Eucharist to acknowledge the journey that you have been on. In the following few months we would like to evaluate the course with you. We would like to know how successful the actual material and delivery was in fulfilling its objectives. We would like help in assessing the possibility for it to become part of an extended learning process and its requirements. Finally we would like you to monitor and tell us of any changes in yourself and in your life (e.g. work, community, family, church) since doing the course.

Administrative Details:

This first year is a pilot year and we would welcome feedback at any time.

There will be a daytime meeting and introduction on **27th September** at Shell Cottage, Penberth Cove 10:30 am – 3.30 pm. This is an essential meeting to meet each other, hear questions, comments and concerns, explain the process of the course, do some basic administration and be inspired ready for the first term. Once we know numbers and who lives where we will put people in touch with each other to arrange transport. You will need to bring a packed lunch. Course meetings 7.30 p.m., finishing by 9.30 pm including a refreshment break, in the Pearson Room, Old Bridge Street, Truro.

Dates:

(All are on Mondays)

First term Oct 6th, 13th, 27th Nov 3rd, 10th, 17th, 24th, Dec 1st,

Second term, Jan 12th, 19th, 26th, Feb 2nd, 9th, 23rd, March 2nd, 9th 16th,

Third term April 20th, 27th, May 11th, 18th, June 1st, 8th, 15th, 22nd.
(Easter is 12th April 2009)

Cost and deposit:

The cost of the course is £30 per term and we would like a deposit of £20 accompanying your application payable to, “Truro Cathedral (Kaleidoscope)” and we would like the balance to be paid at the first meeting.

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