

**The Rev'd Canon Cameron Butland** is the Diocesan Spirituality Adviser and also the Bishop's Chaplain. Cameron works with **the Cumbria Ecumenical Spirituality Group (CESG)**. CESG is responsible to the church leaders and denominations through Churches Together in Cumbria. The group works together to promote spirituality on behalf of the churches in the county, encouraging all Christians 'to give an account of the hope that is within them', (1 Peter 3:15) Cameron has been ordained for over thirty years working previously in Lichfield and Oxford dioceses. During all that time he has been involved in teaching and tutoring those in training, specializing in church history. Previously he compiled a book on resources for work and faith entitled 'Work in Worship'. He regularly leads various quiet days and courses on prayer and spirituality. In 2013 he published 'Walking into Celtic Spirituality' encouraging people to discover the richness of the Christian heritage. In addition he leads courses of on Silent Prayer and Prayer of the Heart.

### Contact Details

To contact Cameron please use one of the following:

Office Telephone: 017687 73430

Email: [cdsa03@gmail.com](mailto:cdsa03@gmail.com)

Address: The Vicarge, Borrowdale, Keswick. CA12 5XQ

Alternatively via the Diocesan Website: [www.carlisle-diocese.org.uk](http://www.carlisle-diocese.org.uk)

**Development Aims of Spirituality in Cumbria** - the Diocese of Carlisle, Cumbria Methodist District and Cumbria URC Area through the Cumbria Ecumenical Spirituality Group aim to:

1. assist our churches to reclaim their hidden treasury of spiritual insights and learning
2. offer talks, quiet days, courses and insights into the inner life to our fellow clergy and to parishes
3. we delve into the rich heritage of writings and teachings of the great teachers of the spiritual life as well as introducing some more contemporary writers
4. we seek to discern the link between spirituality and the gospel in daily living.

### The CESG team consists of:

*Revd Cameron Butland (Anglican)*

*Revd Kath Dodd (Baptist)*

*Revd Susan Holmes (Anglican, Franciscan)*

*Revd Helen Marshall (Anglican)*

*Rev'd Jeff Thomas, (Methodist)*

*Mr Terry Winterton, (Society of Friends)*

*Mr Chris Wood (Methodist)*

CESG SECRETARY: Mr Chris Wood

Tel: 01539 738030

email: [cesg.chriswood678@yahoo.co.uk](mailto:cesg.chriswood678@yahoo.co.uk)



## Cumbria Ecumenical Spirituality Group

supported by  
**Churches Together in Cumbria**  
and working in collaboration with the  
**Church Leaders of Cumbria**

*Journeying together with God in our daily lives*

The **Cumbria Ecumenical Spirituality Group** exists to make this journey of 'knowing God' richer and deeper. It does this in a number of ways.

We organize occasional **day events** throughout the year, with the aim of bringing people together to 'nourish the soul'. Recent topics have included 'Prayer and Personality', and 'Positive Repentance'.

For those who want something more intensive, we have run a **year long course, 'Nourishing the Soul'**. CESG is the co-ordinating body for Spiritual Direction in the County. We run training courses for Spiritual Directors. The next one begins in September 2016. We can also lead one-off courses for churches and parishes.

## What participants have said about our courses:

*“ It has been a privilege to be part of this course in such a beautiful environment, enjoying fellowship with a lovely group of people and empathetic tutors with a great depth of knowledge and understanding. The sessions have always been interesting and stimulating”.*

*“What I am most thankful for on the Course so far, is insight into great wisdom from the past that is still as fresh as ever and relevant for our spiritual life today. I remember especially John Chrysostom’s prayer to prepare for reading scripture and his inspiring reflection on why we need to read the Bible”*

*“I have loved the togetherness in prayer, the teaching, lunch and triads. The prayer times have been touching and meaningful with praise and worship to music enrichin”.*

*“The styles have been mixed with interaction and straight clear teaching – this variety has been excellent and each trainer has delivered in their own unique way which has exhibited the width of Christian expressions. ‘Not all sizes suit all’- but this is part of our experience of listening and hearing the other”.*

## 2016 Programme

The latest ‘Nourishing the Soul’ course began in January and the course is full. However, there are various day events planned including: -

**CTiC Spirituality Day**, on Saturday 17<sup>th</sup> September 10am to 4pm in Ambleside Parish Centre. The day will include workshops and worship reflecting the different spiritualities of the modern church. This taster day is aimed at all ages and has something for everyone.

**Rydal Hall Quiet Days**, eight have been planned for the year and details of the days and retreats can be found on the website [www.rydalahall.org](http://www.rydalahall.org) or by going on the mailing list, please phone 015394 32050 to have your name added.

**Creation Spirituality** – CESG are organizing a second day at Glenthorne, Grasmere on Wednesday 26<sup>th</sup> October. The day will be similar to the quiet day held in 2015 and reflect on God our Creator, the day will be led by Kath Dodd and Terry Winterton.

Please contact Chris Wood on [cesg.chriswood678@yahoo.co.uk](mailto:cesg.chriswood678@yahoo.co.uk) or phone 01539 738030 to add your name to the CESG mailing list.

## Spiritual Direction

Many people find it helpful to have a **Spiritual Director** (or Companion).

This is someone who commits themselves to journey with another in their walk with God. This is a very important role and so we run a year long course to train Spiritual Directors.

We aim to offer ongoing training and support for all who work as Spiritual Directors.

## Finding a Spiritual Director

If you wish to find a Spiritual Director, please contact either Revd. Helen Marshall on [helenmarshall2592@yahoo.co.uk](mailto:helenmarshall2592@yahoo.co.uk) phone 017687 72467 or Mr. Chris Wood on [cesg.chriswood678@yahoo.co.uk](mailto:cesg.chriswood678@yahoo.co.uk) or phone 01539 738030

All those currently **offering spiritual direction** and companionship are invited to be part of a new ecumenical list. Please contact Chris Wood to join the SD List.