



The Sophia Course

An Introduction



The Heart of the Idea

- **FORMATION:** A one-year journey to encourage *Christian spiritual formation* with a focus on living well as part of the wider community of creation, orientated towards the Creator.
- **HOLISTIC:** It seek to engage body, soul, and spirit, blending more theoretical and more practical teaching with hands-on activities, social time, daily disciplines, and contemplative prayer.



The Two Strands

- **1. SIX LEARNING DAYS:** An immersive, holistic, integrated formation programme in Christian eco-spirituality delivered in six day-long sessions (one every two months on the third Saturday of those months).
- **2. A RULE OF LIFE:** daily spiritual disciplines to deepen the journey.



The Contents of a Learning Day

- **GREEN THEOLOGY:** an interactive teaching session on a basic idea in Christian eco-theology
- **GREEN BIBLE:** an interactive teaching session on a key biblical text
- **GREEN ISSUES:** a session on an issue of practical ecological concern
- **GREEN WORSHIP:** an outdoor act of contemplative worship
- **GREEN CREATIVITY:** some hands-on, positive engagement with the natural world (Sacred Garden)
- **FELLOWSHIP:** a shared meal, cooked in the garden





Location and Dates for the Learning Days

- Indoor and outdoor locations at Worcester Cathedral

- March 15, 2025

May 17

July 19

September 20

November 15

January 17, 2026



WORCESTER
CATHEDRAL

The Sophia Course

Structure of a Learning Day

- 8.45–09.00 welcome and intro to the day
- 09.00–10.00 introducing a key eco-theological idea
- 10.00–12.00 SACRED GARDEN – encountering nature and creativity together**
- 12.00–12.30 *light lunch – in the garden*
- 12.30–13.30 introducing a key biblical text
- 13.30–13.40 *break*
- 13.40–14.50 LIVING GENTLY ON THE EARTH – addressing a practical eco-theme**
- 14.50–15.30 outdoor worship



The Rule of Life

- **GREEN PRAYER:** a commitment to read the Scriptures and pray at least once a day (a Daily Office with an eco-spirituality flavour will be provided).
- **GREEN JOURNEY:** a commitment to develop over the course of the year in your own journey toward living gently on the earth.
- **GREEN ACTION:** a commitment to discern over the course of the year where God would have you focus your time, energy, and gifts to bless creation.



Costs?

- There will be a £5 cost for each Saturday to cover the cost of food for the lunch and other materials.



Is this course for you?

- If you are interested in joining us, we will be holding **an introductory gathering** before the course starts. (*Fri 28 Feb, 8pm–9pm, in the Secret Gardens*)
- It will offer a more informal opportunity to get to know each other a little.
- After that, if you would like to join, **email:** robinparry@worcestercathedral.org.uk
- There will be an opportunity to step away from the course after the first session if you feel that it is not for you.

