



**Lindisfarne**  
COLLEGE of THEOLOGY

# Spirituality and Discipleship

A look at how to go deeper in your spiritual life



5 week course, May - Jun 2026

19:00-21:30

Church House, North Shields  
or Cuthbert House, Durham

£150

To register email:  
[admin@lindisfarnect.org](mailto:admin@lindisfarnect.org)

Prayer and spirituality invite us into a deeper relationship with the living God. As we seek to deepen our prayer, it can be bewildering to know where to start. This course seeks to equip us for our lifelong exploration in the landscape of prayer. We will reflect on God's presence in our life journey so far; study the wisdom from the African desert fathers and mothers, Benedictine tradition, psalms and spiritual songs; and explore the use of silence and praying with Scripture.

- Part of LCT's first-year undergraduate programme in Theology, Ministry and Mission
- Led by Revd Tim Ferguson, LCT Associate Tutor and parish priest in Newcastle Diocese
- Small-group, seminar-style discussion
- Weekly reading with no assignments
- Bursaries may be available



Revd Tim Ferguson