

Zest (noun)

Definition

The skin of a citrus fruit used to add dynamic flavour

Enthusiasm, eagerness, energy and interest



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Spurriergate

The Spurriergate Centre

spurriergate
growth ministries



add some zest to your spiritual walk

Adding some zest to your spiritual life...

For the last 20 years the Spurriergate Centre has shared God's love to the people of York and it's visitors in accessible, simple but profound ways. This Christian ministry has developed over the years and has enabled many people to explore Christianity and to go deeper with God. This resource is open to the wider church community and can be accessed through the Centre or 'transplanted' into your local church setting.

Below are some of the current activities but we are developing others so please get in touch if you find a conversation helpful. Our contact details are on the rear of this leaflet. Thanks for taking time to read this material and we hope and pray that our ministry can help put zest into your spiritual walk.

Joan Sargent & Sister Pauline Wheeler
Spurriergate Growth Ministries

Joan Sargent works as Pastoral Co-ordinator of the Spurriergate Centre. She has recently completed an M.A. in Evangelism and is qualified as a Counsellor and Spiritual Director.

She speaks fluent Lancashire and spent some years in Afghanistan.



Sister Pauline Wheeler SJW works as Prayer Co-ordinator at the Spurriergate Centre. She is a qualified Spiritual Director, Methodist Local Preacher and an expert in finding new and interesting ways to encourage people into prayer.



Personal Spiritual Growth

There are times on our spiritual walk when we would value someone to 'share the journey'.

This may be just a one off occasion or an on going time with someone who is independent to listen, support and mentor us.

We offer several helpful services for this.

Prayer Ministry - We offer to meet with you once or a few times to help and pray with you about a specific issue.

Spiritual Direction - We provide a dedicated and trained Spiritual Director to journey with you. This usually involves a regular three month get together for as long as is required.

Time Out Opportunities

Many people may benefit from spending a time of guided quiet in the presence of God. We all lead busy lives and a dedicated time often leads to a clearer understanding and renewed motivation.

Days Apart. We regularly run days with a basic structure of an introductory talk, quiet interacting with prayer stations, craft activities and other helpful ways of encouraging people to enter into Sacred Space.

There is always someone available to speak to, and pray with.

Retreats. These last a few days in a residential setting with similar format as a Day Apart with optional social times as well.

Small Groups 6-8 week courses including Bible Studies, Alpha Courses, Book groups etc.

Details of these groups are posted in the Centre and on the web at www.thespurriergatecentre.com

Exploring Prayer Prayer Events

Many Churches are experimenting with new forms of prayer e.g. prayer rooms, prayer zones and prayer stations. We can help with prayer events by providing pointers for praying, focusing on topics such as

- Praying for the World
- Praying for your Church
- Praying for your present project
- Praying for yourselves

These sessions are useful in supporting those not used to praying as well as taking others deeper into the presence of God.

Labyrinths

We have now run a number of Labyrinth events over the last years. We ask participants to walk a labyrinth path, set up with prayer pointers to interact with. This has proven to be very powerful and inspired some real life changes. We can set up an event to suit your premises using your themes or ideas. Alternatively we can undertake the whole operation and enhance your event.

Sharing, Teaching and Preaching

We have a number of courses that will help you and your church grow. These can be either in your Church or you may prefer to join a course that we run from the Centre.

- Fresh Expressions of Church
- Pastoral Care in the Community
- Listening

Venues and dates of the current courses will be announced.

We are always available to tell the story of Spurriergate or to take preaching appointments.