



CUMBRIA  
CHRISTIAN  
LEARNING

Growing disciples for mission

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## 1. Basic Christianity Courses:

Materials and courses for helping enquirers begin to explore what the Christian faith is about.

- a] **“Essence”** Booklet with CD. A 6-session course for enquirers and people who are ‘spiritual’ but avoid church. An exploration of contemporary Christian spirituality. Experiential and creative, not doctrinal. Could form a low-key ‘way-in’ for people, before doing one of the more content-based ‘Basics’ courses below.  
Rob Frost. 2003  
Published by Kingsway Communications Ltd., Lottbridge Drove, Eastbourne BN23 6NT  
Email: [books@kingsway.co.uk](mailto:books@kingsway.co.uk) ISBN 1 84291 111 2  
Also in association with CPAS. [www.cpas.org.uk](http://www.cpas.org.uk)
- b] **‘Y’ Course** Course Leader’s Handbook 2001. ISBN 1860243355  
Group Leader’s Guide ISBN 1860243363  
Participant’s Notes ISBN 1860243371  
Word Publishing - a division of Word Entertainment Ltd., 9 Holdom Avenue, Bletchley, Milton Keynes, Bucks. MK1 1QR  
“Discover” (for home and cell groups). Published by Y2000 Distributed by Word UK  
ISBN 1 86024 349 5
- c] **“Emmaus”** Leading an Emmaus Group. Stephen Cottrell, Steven Croft et al. 2003. Church House Publishing, Church House, Great Smith Street, London SW1P 3NZ  
ISBN 0 7151 4905 9 £4.95  
Introduction to Emmaus (2nd edition) ISBN 7151 4963 6  
Stage 1: Contact (2nd edition) ISBN 0 7151 4995 4. Materials for training the congregation to reach out and invite outsiders to do the Nurture course.  
Stage 2: Nurture (a 15-session course about what Christians believe. 2nd edition).  
ISBN 0 7151 4994 6
- d] **“Alpha”** An Introduction to the Alpha Course + video or DVD. 2003  
Alpha International, Holy Trinity Brompton, Brompton Road, London SW7 1JA  
Tel:020 7581 8255 Email: [publications@htb.org.uk](mailto:publications@htb.org.uk) [www.alphacourse.org](http://www.alphacourse.org)  
The Alpha Team Training Manual 2003 ISBN 1 898838 01 1  
The Alpha Course Manual ISBN 1 904074 23 5  
Alpha Course – Explore the meaning of life  
How to run the Alpha Course - talk notes 2003  
“Questions of Life” Nicky Gumbel, 2003. A book to accompany the course.  
ISBN 0 85476738 X  
“Christianity: Boring, untrue and irrelevant?” (video talk by Nicky Gumbel)  
The Alpha Invitation, 2004 – video

- e] **“Start”** Manual with video/DVD. By Robin Gamble, 2003 (published by CPAS).  
Discovering Christianity in 6 small-group sessions. ISBN 1 902041 23 2
- f] **“Christianity Explored”** The Handbook for “Christianity Explored” ISBN 1 85078 374 8  
Study Guide (Leader’s Edition) ISBN 1 85078 523 6  
Publisher: Paternoster Lifestyle 2001 Available from:  
[www.paternoster-publishing.com](http://www.paternoster-publishing.com) or [www.christianityexplored.com](http://www.christianityexplored.com)
- g] **“Beyond Ourselves”** This is Book 1 of ReSource’s 3-level discipleship course for small groups, “The God who is there”. A course which explores the wider meaning of our lives and what Christians believe. Edited by Roger Morgan 2011  
ReSource, 13 Sadler Street, Wells, Somerset BA5 2RR [office@resource-arm.net](mailto:office@resource-arm.net)  
[www.resource-arm.net](http://www.resource-arm.net)  
Leader’s manual ISBN 978 1 906363 30 7 £8  
Member’s Coursebook ISBN 978 1 906363 31 4 £4
- h] **“Confirmation Book for Adults”** – Sharon Swain, 2008. SPCK ISBN 978 0 281 05955 3
- i] **“Faith confirmed: Preparing for confirmation”** – Peter Jackson & Chris Wright 1999 SPCK  
ISBN 978 0 281 05129 8. £8.99
- j] **“Just looking”** - a simple photocopiable course, helping enquirers to explore faith
- k] **“Pilgrim: A course for the Christian journey”**  
By Stephen Cottrell, Steven Croft, Paula Gooder & Robert Atwell  
Church House Publishing, Church House, Great Smith Street, London. SW1P 3AZ  
The series started to be published in 2012, and new books are still being produced. They can also be used as materials for Lent courses, as a ‘refresher’ for established Christians, especially Books 2, 3 and 4.  
Leader’s Guide ISBN 978 0 7151 4378 0  
‘Turning to Christ’, Book 1 ISBN 978 0 7151 4376 6  
‘The Lord’s Prayer’, Book 2 ISBN 978 0 7151 4377 3  
‘The Commandments’, Book 3  
‘The Beatitudes’, Book 4

## 2. Growth and Discipleship Courses:

These are the next stage on from ‘Basics’ courses, providing deeper and fuller material for helping Christians to grow in understanding their faith. Suitable for use by Fellowship and Bible Study groups.

- a] **“Emmaus”** These are designed to follow on from “Emmaus” Stages 1 & 2 (see section A above):  
Stage 3: Growth – “Knowing God” (2<sup>nd</sup> edition) 2005 ISBN 0 7151 4032 9  
Stage 3: Growth – “Christian Lifestyle” (2<sup>nd</sup> edition) 2003 ISBN 0 7151 4006 X  
Stage 3: Growth – “Growing as a Christian” (2<sup>nd</sup> edition) 2004 ISBN 0 7151 4014 0

(Each of these manuals contains several modules consisting of 4 or 5 sessions, which can be used separately or in sequence).

- b] **“Footsteps”** This is a collection of courses that were written for the Carlisle diocese. (Booklets are A4, ring-bound).  
Footsteps in Faith (12 sessions)  
Footsteps in Care and Prayer (12 sessions)  
Footsteps with God Our Rock (designed to last about a year).  
Footsteps Supplements: Spiritual Growth  
The Lord’s Prayer  
Ministry in Christian Healing  
Philippians  
Faith in the City  
Through the Church’s Year  
Setting up Ministry Teams  
Christian Stewardship Renewal (Stop, Look, Listen)
- c] **“Saints Alive”** Saints Alive! Life in the Spirit (Leader’s Manual) ISBN 1 84291 000 0  
Saints Alive! Life in the Spirit (Link-Work Book) ISBN 1 84291 001 9  
John Finney & Felicity Lawson Publisher Kingsway Publications  
Email:saintsalive@anglican-renewal.org.uk 2001
- d] **“Discovering Faith Matters”** – this is a menu of short modules, mostly 5 sessions long, ideal for use as Lent courses. The material has been written by an ecumenical team of clergy/ministers in Cumbria. Three modules are currently available on a free CD from Revd Ruth Crossley [cme@carlisle-diocese.org.uk](mailto:cme@carlisle-diocese.org.uk). Others will follow.  
1. “What is the Bible and how do we use it?”  
2. “The Bible – a love story” (An overview of the ‘salvation story’ of God’s love thro the Bible).  
3. “Engaging in Worship” (What worship really is and how we can understand and participate in worship more richly and fully).
- e] **“Your SHAPE for God’s Service”** – by Amiel Osmaston. A six-session course for helping people to discover their gifts and explore how they can serve God more fully. Handouts and materials on CD (2 copies provided). No copyright, so can be adapted for the local context. CD can be bought for £4 from Amiel Osmaston at Church House.
- f] **“Season of Renewal”** – a Lent course, by Alison Morgan & Bill Goodman 2009. Pub by ReSource.  
Leader’s manual ISBN 978 1 906363 13 0 £6  
Members’ coursebook ISBN 978 1 906363 14 7 £3
- g] **“Living Faith”** Bishop Tom Wright – 10 sessions exploring the essentials of Christianity. (NB This is a 10 minute sample DVD only, not the full materials). [www.spck.org.uk/livingfaith](http://www.spck.org.uk/livingfaith)
- h] **“Working Lives”**, Graham & Molly Dow. A 5-week course on discipleship in the workplace. 1997
- i] **“Pilgrim: A course for the Christian journey”** (See Section 1 k] above for info on this series)  
‘The Lord’s Prayer’, Book 2 ISBN 978 0 7151 4377 3

'The Commandments', Book 3

'The Beatitudes', Book 4

- j] **"Being Disciples"** An article in 'ReSource' magazine. Issue 12, Summer 2008
- k] **"The Learning Congregation"** Thomas R. Hawkins 1997. Westminster John Knox Press, Louisville, Kentucky ISBN 0 664 25699 6. A useful book for clergy and lay leaders, on helping church members learn effectively.
- k] **"Making Adult Disciples - Learning & teaching in the local church"** – Anton Baumohl 1986. Scripture Union ISBN 0 86201 291 0. A useful book for clergy and lay leaders.

### **3. Mission & Evangelism**

**Materials to use for helping Christians to share and speak about their faith more confidently.**

- a] **"Lost for Words"** James Lawrence & Geoff Treasure CPAS – A 6-session course helping people to share their faith naturally. (Blue folder with 4 packs and DVDs)
- b] **"Confident Communicator"** Leader's manual – Roy Todd 2008 ISBN 978 1 84867 066 2  
Participant's handbook – Roy Todd 2008 ISBN 978 1 84867 067 9  
Publisher Kevin Mayhew Ltd. Tel: 01449 737978 Email: info@kevinmayhewltd.com
- c] **"Calling Out"** Leader's Study Guide; J. John. (7 sessions on sharing your faith). 2000  
Word Publishing. ISBN 1 86024 359 2
- d] **"Will you come to church with me?"** A workbook produced by The Mission Core Group Diocese of Glasgow and Galloway
- e] **"Telling Our Faith Story"** Janice Price, Board of Mission Occasional Paper no. 8 CHP 1999  
ISBN 0 7151 5543 1 Practical exercises to help Christians talk about their faith.
- f] **"Telling your Story"** 1 session . (Photocopied outline of simple workshop materials by Elaine Jones, a previous DTA in Carlisle diocese)
- g] **"Beautiful Lives"** Roger Morgan, Published by ReSource. 2010. A course on witness and outreach.  
Course manual for leader ISBN 978 1 906363 28 4  
Course members' booklet ISBN 978 1 906363 29 1  
Email: office@resource-arm.net Tel: 01749 672865
- h] **"Evangelism – which way now?"** Mike Booker & Mark Ireland (an evaluation of Alpha, Emmaus and Cell Church). Church House Publishing, 2003. ISBN 0 7151 4008 6
- i] **"Alpha or Emmaus?"** An assessment of today's top evangelistic courses. Charles Freebury. A photocopiable resource
- j] **"Mission-Shaped Introduction"** 6-session course on DV . This is a shortened version or "taster" of the year-long national course which aims to equip people who are leading or seeking to set up Fresh Expressions of church.

#### **4. Being a Welcoming church**

- a] **“Offering a Ministry of Welcome in your church”** Tool-kit 2006. Carlisle Diocesan Board of Finance Ltd., Church House, West Walls, Carlisle. CA3 8UE
- b] **“Ministry of Welcome”**. A photocopiable resource. Diocese of Derby, by Canon Barrie Gauge
- c] **“Growing in Welcome”** A workbook produced by The Mission Core Group Diocese of Glasgow and Galloway.
- d] **“Welcoming”**. 1 session. (Photocopied outline of simple workshop materials by Revd Elaine Jones, a previous DTA in Carlisle diocese)

#### **5. Helping with worship, services and preaching**

**Materials useful for equipping church members to help lead prayers, do the readings, lead worship and preach.**

The various practical booklets published by Grove Books can be ordered from Grove Books, Ridley Hall Road, Cambridge. Tel: 01223 464748

- a] **“How to Read the Bible in Church”**, Anna de Lange and Liz Simpson, Grove Books Worship Series W177, 2003
- b] **“Attending to Scripture,”** Jonathan Baker, Grove Books Spirituality Series S80 (A course of 6 Bible studies on how to read the Bible), 2002
- c] **“Reading the lessons in church”**.1 session. (Photocopied outline of simple workshop materials by Elaine Jones, a previous DTA in Carlisle diocese)
- d] **“How to Lead the Prayers,”** Anna de Lange and Liz Simpson, Grove Books Worship Series W169, 2003
- e] **“Intercessions in church”**. 2 sessions. (Photocopied outline of simple workshop materials by Elaine Jones, a previous DTA in Carlisle diocese)
- f] **“Leading Worship,”** Mark Earey, Grove Books Worship Series W152 (2nd Edition), 2005
- g] **“The Daily Office”**, Anne Barton, Grove Books Worship Series W150 (Exploring patterns for daily prayer and Bible Study), 1999
- h] **“How to Prepare and Preach a Sermon,”** John Waller, Grove Books Worship Series W182, 2005
- i] **“Responding to Preaching”**, John Leach, Grove Books Worship Series W139, 1997
- j] **“Leading Worship”**, A 6-module training course for Lay Leaders of Worship. CD ROM  
It is designed to give lay people a grounding in the fundamentals of leading worship in

the Anglican tradition.

The Diocese of Gloucester. Edited by Revd. Tom Clammer, Gloucester Diocesan  
Worship Officer

Published by Jumping Fish Ltd., Church House, College Green, Gloucester. GL1 2LY

[www.gloucester.anglican.org/resources/jfish](http://www.gloucester.anglican.org/resources/jfish)

ISBN: 978 0 9566257 0 0

**k] List of “Resources for lay-led Services & the Ministry of the Word”**

**6. Pastoral Care**

- a] **“Just Listen”**. DVD & course booklet (2 sessions). Acorn Christian Foundation, Whitehill Chase, High Street, Bordon, Hampshire. GU35 0AP Tel: 01420 478121 [www.acornchristian.org](http://www.acornchristian.org)  
Email: [info@acornchristian.org](mailto:info@acornchristian.org) Course books £3.50 each. DVD £17.50
- b] **“Living with Loss:”** A one-day exploration written by Rev. Elizabeth Shearcroft, Kendal.  
Photocopiable
- c] **“Training a Pastoral Care Team”**. 3 sessions. (Photocopied outline of simple workshop materials by Revd Elaine Jones, a previous DTA in Carlisle diocese)

**7. Prayer & Spirituality**

- a] **“Practical Praying”**. 3 sessions. (Photocopied outline of simple workshop materials by Revd Elaine Jones, a previous DTA in Carlisle diocese)
- b] **“Avenues of Prayer,”** Raymond Avent, Molly Dow & Liz Shedden. A 5-week course on Personal Prayer) 1996. Materials produced in London diocese by Graham Dow (privately printed).
- c] **“Pathways of Prayer,”** Raymond Avent, Molly Dow & Liz Shedden. A 5-week course on how to pray through words, Scripture, silence and life. Materials produced in London diocese by Graham Dow (privately printed):
- d] **“Praying as a Church”**, James Bell & Molly Dow. A 6-week course on praying together and listening to God. 1995. Produced in London diocese by Graham Dow (privately printed):

**8. Training leaders:**

- a] **“Growing Leaders”**. J. Lawrence & S. Heathfield CPAS . (A comprehensive course to train lay leaders in the local church. Includes discipleship training as well as leadership skills.  
A large black plastic carrying-box with 3 thick ring-binders of materials and a book:  
GL1 ringbinder – Introduction: “Firm Foundations for Christian Leadership”  
GL2 ringbinder – “Key Skills of Christian Leadership”  
GL3 ringbinder – “Keeping Faithful and Christian leadership”

“Growing leaders- Reflections on leadership, life and Jesus”. Book by James Lawrence (to accompany the CPAS course) 2004. ISBN 1 84101 246 7

- b] **“Understanding Groups”** Jean Sitwell (A study course of 5 x 2hr sessions). In Memorium 1930-1991. Published by Taletellers, 5 Little Cloister, Westminster Abbey. Copyright Paul Bates & Lois Smith on behalf of the St. Albans Diocesan Board of Ministry
- c] **“Leading Groups – A Practical Guide”** Martin Evans. Three Square Consulting Ltd., 172 Gwydir Street, Cambridge CB1 2LW Email: me@threesquare-consulting.co.uk 2005 ISBN 0 9551047 0 X
- d] **“Small Groups, Growing Churches”** Mike Law. Scripture Union 2003 (materials for training leaders). ISBN 1 85999 631 0
- e] **“Better Together”** Materials and ideas for developing PCCs. (ReSource booklet 12). 2007. £3

Diocese of Carlisle Ministry for Christian Stewardship Stop, Look, Listen

Diocese of Carlisle Board for Parish Mission & Development Ministry Teams

Diocese of Leicester Pathways – a workbook for exploring God’s gifts (laid on top of box)

### Using these Resources

**NB: These resources are all the property of Cumbria Christian Learning, Diocese of Carlisle.**

A list will be kept of who has borrowed what, and when.

**Materials must not be borrowed for more than a month.**

The aim is to enable leaders to look at the range of available materials / courses, and decide which is suitable for their context. Then they can order their own copy for use (or photocopy it, in the case of non-copyright materials).

**Loss or damage:** if any borrower loses or badly damages some materials, they will be asked to repay the cost of them to the diocese.

#### **Questions:**

For any queries please contact:

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