

Becoming a spiritual director/companion



Growing in
depth



- Are you good at listening?
- Are you a person that others seek out to talk to about their faith?
- Are you interested in being a spiritual director/companion?

What is spiritual direction?

This is an ancient ministry, sometimes called *spiritual accompaniment*, *prayer guidance*, or *soul friendship*. It is about taking the time to meet with another person and talk about his or her spiritual journey and prayer.

Why?

People seek this ministry at different points in their lives and for various reasons. It can be a way

- to make better sense of a faith journey
- to find clarity and support at times of significant life choices
- to respond more deeply to God's presence and move toward wholeness and freedom.

Many people find that, at particular points in their pilgrimage, this pattern of reflective companionship can be a significant help.

Who?

The person offering this ministry needs to be a person of prayer who makes the commitment to accepting the other as they are and where they are. The companion or guide's role is to support the other in discerning God's activity in their lives.

What?

The important thing is that this is a 'sacred space' into which someone *can* bring anything but into which they do not *have* to bring anything. There are no expectations, and no judgement. It is a listening and accepting space.

How?

People usually meet face to face, normally in the accompanier's home, but other arrangements can be made if, for whatever reason, this is not possible.

I want to explore this ministry further – what do I do next?

Talk to your own spiritual director or find one. If you do not have one, finding one would be a good place to start. See the Prayer and Spirituality area of the Diocesan website www.cofesuffolk.org/prayer-and-spirituality

Contact

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Caroline is part of the Diocesan Spirituality Group which seeks to support people involved in this ministry, offering training days covering aspects of spiritual direction and spirituality. See the Prayer and Spirituality area of the Diocesan website listed above.

Read about this ministry. There are some suggested books in the resources section of the Prayer and Spirituality area of the Diocesan website listed above.

Attend a training course

London Centre for Spiritual Direction, is close to Liverpool Street, and runs various courses:

www.lcsd.org.uk

Cambridgeshire runs a one-year training course:

Janice Randall, randall.janice@gmail.com | 01223 236956

Write, enclosing an A5-sized SAE, to 17 Brackenbury Manor, Kay Hitch Way, Histon, Cambridge CB24 9YY.

Chelmsford diocese offers a two-year training course:

Fran McEvoy, franmcevoy@hotmail.com | 01702 330178

www.spiritual-direction-in-essex.org.uk

St Beunos Spirituality Centre runs residential training courses:

www.beunos.com