

Spiritual Accompaniment is...

a process of accompanying someone on a journey of a deepening relationship with God.

It is a confidential relationship of trust between two people of faith, in which one listens to, and may pray with the other, discerning, supporting, affirming and offering guidance in the life-long journey of increasing spiritual maturity.

Also known as Spiritual Direction, it has been part of the practice of the Church since early times. Often thought to be only for clergy and religious, it can be helpful for any Christian who wants to grow in faith and spiritual practice.

A Spiritual Director gives

- A safe and secure relationship in which to explore and grow in your relationship with God
- time for YOU, especially valuable in the midst of a busy life
- encouragement and affirmation
- a place in which to explore questions and difficulties
- guidance in exploring fresh approaches to prayer
- the discipline of self-examination and being accountable to another
- prayerful companionship during a period of discernment or change

Who can help?

In Devon, this ministry is offered by many people – men and women; ordained and lay; Anglican, Methodist, Baptist and Roman Catholic.

Most are experienced in this work and bring a variety of gifts to it. All are committed to their own growth in responding to the invitation of God to know and to love Him.

There is a good geographical spread, so the choice may be made to see someone closer to home, or to travel further afield.

Length and frequency of meetings will be decided by the people concerned, but the norm is to meet for about an hour, and at intervals of anything from 4 weeks to 4 months.

Where to go

The **Spiritual Direction Referral Service** exists to put those who seek accompaniment in touch with those who offer this ministry.

An initial conversation will take place either by phone or face-face, to help to find the best match.

This will cover preferences such as male/female, ordained/lay, close to home or further afield; spiritual tradition and particular areas in which help is sought.

Questions about the process of accompaniment can be addressed at this time.

An introduction will then be made. If it does not work out, either side may withdraw without embarrassment.

Spiritual Direction Referral Service

Under the auspices of the Diocese of Exeter, but open to all in Devon

If you are looking for spiritual accompaniment, please contact our

Referral Team

led by Jenny Ledger

spiritualdirectionexeter@gmail.com

For all other enquiries, please contact the

Network Coordinator

Demelza Henderson

DSDN@exeter.anglican.org



Spiritual Direction (or accompaniment) enables people to notice, hear and discern the movement of God within their daily experiences, helping them as they seek to draw closer to God, and to respond to his work in their lives.

A Spiritual Director (or soul friend) is someone who can accompany you on your journey of faith. They will listen prayerfully to your story and help you discern the movements of the Holy Spirit in your life.