

## *The SpiDir Network in Berks, Bucks and Oxon*

[www.soulfriend.org.uk](http://www.soulfriend.org.uk)

offers opportunities to explore and develop your personal life journey through:

- \* A list of trained spiritual directors from which to choose
- \* One-day events for anyone wanting to go further and deeper on their spiritual journey
- \* Initial training course for spiritual directors, 1 year part time every 2 years
- \* Watering the Garden - a short course of further training - every 2 years
- \* Supervisor training
- \* One-day events specifically for trained spiritual directors
- \* Mutual support and nurture for spiritual directors

For a copy of the list of spiritual directors write to:

*SpiDir Administrator  
Church House Oxford  
Langford Locks  
Kidlington  
Oxford OX5 1GF*

01865 208200

email [info@soulfriend.org.uk](mailto:info@soulfriend.org.uk)



*Spiritual Direction -  
what is it?*

## *What is spiritual direction?*

It is an ancient ministry, sometimes called Spiritual Counsel, Prayer Guidance or Soul Friendship. It is about taking the time to meet with another person to talk together about your spiritual journey, prayer and search for God. Many people find that this pattern of reflective companionship can be a significant help.

### *What can I talk about?*

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

- ◆ Sometimes you might have a sense of something happening in your life and needing to make sense of it in a spiritual context: 'Where is God in this for me?'
- ◆ Sometimes you might have a particular spiritual issue you want to work through.
- ◆ Sometimes it is as simple as: 'How can I pray?'
- ◆ Sometimes it is an individual's awareness of God inviting them to 'something more', and needing help to work out what that is really all about.

So the answer to the question is: 'Anything that impacts on your relationship with God.'

### *Who?*

The person offering this ministry will be a person of prayer who makes the commitment to accept you as you are and where you are. The companion or guide's role is to support the discernment of God's activity in your life.

### *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.

### *How often?*

It can vary from every few weeks to twice a year. The length of the meeting also varies according to individual need. However a very common pattern is to meet about once every six weeks for an hour or so.

### *Does it cost anything?*

For some who offer this ministry, it is their livelihood and they need to be paid, while others can offer it free of charge.

### *How do I find someone?*

This is a confidential and very individual relationship; it is important to pray about it, take your time and ask advice in order to find the right person.

- ◆ There may be someone whom you already know whom you would like to ask; if you do so you may well find that they offer this ministry and that others have asked them before you. But do not ask a friend or someone who is part of your day-to-day life, because this may diminish your freedom to explore.
- ◆ A parish priest can often suggest someone or make connections that are helpful.
- ◆ There is a list of people - from various denominations and traditions - which you can obtain from the offices of the Diocese of Oxford. Any of the people in this list will be able to explore with you how spiritual accompaniment can work, and might work for you.