



Spiritual Direction  
Network

BERKS • BUCKS • OXON

*accompanying you on the way*

[www.spidirnetwork.org.uk](http://www.spidirnetwork.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 about your spiritual journey, prayer and search for God. Many people find this pattern of reflective companionship to be a significant help.

## What can I talk about?

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 need to make sense of it in a spiritual context: 'Where is God in this for me?'
- Sometimes you might have a particular issue you want to work through. Other times what you value is the continued reassurance of having someone walk alongside you on your faith journey.
- Sometimes it is as simple as: 'How can I pray?'
- Sometimes an individual has a sense of God inviting them to 'something more' and wants 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 many of our directors also offer spiritual direction via Zoom.

## How often?

Frequency can vary from every few weeks to twice a year. The length of the meeting also varies according to individual need. However, a 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.
- An online list of people from various denominations and traditions is available from the Anglican Diocese of Oxford. Any of the people on this list will be able to explore with you how spiritual accompaniment might work for you. See overleaf for more details of how to access this list.

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

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

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

- An online list of trained spiritual directors, all of whom are required to be in supervision
- An Ecumenical Course to train spiritual directors (see the website for current information)
- Watering the Garden, which offers ongoing spiritual direction training through one day events. These are also open, when appropriate, to directees and those who, more informally, act as prayer accompaniers (see the website for current information)
- Mutual support and nurture for spiritual directors.

To request access to the online list of spiritual directors, please visit the SpiDir website.

Alternatively, you can phone the Anglican Diocese (01865 208200) or email the SpiDir Network ([info@spidirnetwork.org.uk](mailto:info@spidirnetwork.org.uk)).