



THE CHURCH  
OF ENGLAND  
SUFFOLK

# Spiritual Directors

Use your gifts to serve God and others in the name of Christ



# Spiritual Directors

Spiritual Direction is a holy, confidential, prayerful space and is a ministry which is there for anyone. It is an ancient ministry, sometimes called spiritual accompaniment, prayer guidance, or soul friendship. It is about taking the time to meet with another person to reflect on our relationship with the God who loves us and on where and who God is in our lives at the present time. It is a relationship which many find extremely valuable in helping them to deepen their relationship with God.

Becoming a Spiritual Director will enable you to help and support people as they seek this ministry at different points in their lives and for various reasons. It can be a way to support others through

- making better sense of their faith journey
- finding clarity and support at times of significant life choices
- responding more deeply to God's presence and moving toward wholeness and freedom.

“*Spiritual Direction involves a process through which one person helps another person understand what God is doing and saying.*” Richard Foster

You will be offering 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.

# Who can take up this role?

The person offering this ministry needs to be a person of prayer who makes the commitment to accept the other as they are and where they are. You will need to be a good listener and offer a companion or guide's role to support the other in discerning God's activity in their lives.

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

The amount of time required can vary from every few weeks to twice a year. Also the length of the meetings can also vary according to the individuals need.

## Training options

- London Centre for Spiritual Direction, close to Liverpool Street, runs various courses: [www.lcsd.org.uk](http://www.lcsd.org.uk)
- Cambridgeshire runs a one-year training course: Janice Randall, [randall.janice@gmail.com](mailto: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](mailto:franmcevoy@hotmail.com) | 01702 330178  
[www.spiritual-direction-in-essex.org.uk](http://www.spiritual-direction-in-essex.org.uk)
- St Beuno's Spirituality Centre runs residential training courses: [www.beunos.com](http://www.beunos.com)

# For more information

Please visit our website pages [www.cofesuffolk.org/spirituality](http://www.cofesuffolk.org/spirituality).

If you would like further information please contact:  
The Revd Carla Hampton by email:  
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