

### **Groups in the Worcester diocese seeking to encourage the use of spiritual direction**

A spiritual direction network has been active within the diocese for a number of years. This group of clergy and lay people seeks to support those engaged in spiritual direction, and to encourage its more widespread use.

Bob Hale is the co-ordinator of the network, and the secretary is Rev. Paul Harrison. For information about the network, contact Bob (01562-861270) or Paul (01562-700144).



For a number of years, there has been a two-year course in the diocese in Christian spirituality/spiritual direction. This has come to an end, but plans are being considered for a different course focusing on spiritual direction. The Retreat Association can be contacted, meanwhile, for information on similar courses being run in neighbouring areas.



### **Finding a Spiritual Director**

Finding and choosing a spiritual director is a very personal matter.

Perhaps the first thing to do is to consider what it is that you want from a spiritual director, and then what kind of person you want. Does it matter, for example, if the person is a man or a woman, clergy or lay? Is there some other consideration which is important to you?

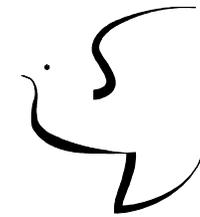


You might be able to find a spiritual director by talking to your vicar or someone else you know. Alternatively, there are a number of people, clergy and lay, who are available in the diocese to provide spiritual direction.

To be put in touch with one of these, contact Helen Tarlo (01905-773315) if you live in the south of the diocese; or Revd. Paul Harrison (01562-700144) if you live in the north. Care will be taken to discern and link you with someone appropriate for you.



# Growing into Wholeness



## Discovering Spiritual Direction

---

This leaflet has been produced by the Spiritual Direction Network in the diocese of Worcester. This is a group of mainly Anglican clergy and lay people concerned with spiritual direction.

---

## Growing into wholeness

One of the healthy signs in present-day life is that of Christians looking for ways of growing into a deeper and more balanced experience of God.



The search is often accompanied by questions such as these:

- ◆ How can I deepen my experience of prayer?
- ◆ What does God want of my life?
- ◆ Why do I find it so difficult to bridge the gap between my praying and the rest of my life?
- ◆ How can I discover a deeper experience of God?
- ◆ How can I become a more committed disciple of Christ?
- ◆ Where is God at work in my life?



## Discovering spiritual direction

For an increasing number of Christians, one of the most helpful ways of finding answers to questions like these has been the discovery of *spiritual direction*.



Spiritual direction has been an important part of Christian ministry (by lay people as well as clergy) since the early Christian centuries. In recent years its value has been rediscovered by Christians from all traditions.



Various terms have been used to describe those who do this work. These include, spiritual director, spiritual companion, prayer guide, and soul friend. What is in mind is not an authoritarian relationship, but rather a special kind of companionship on the Christian journey.



Spiritual direction is concerned with the life of the *whole person*: body, mind and spirit. And also with finding God in the *whole of life*.

## What does a spiritual director do?

Spiritual direction has been described as “the art of contemplative listening”. Listening to you (and to God *with* you) is the most important thing a spiritual director will do.



It is not the spiritual director’s job to try to answer all of your questions and solve your problems!

Rather, as a companion on a journey, he or she will help you to nurture your own relationship with God. The aim is to help you better to discern God’s ways and purposes for yourself.



The Holy Spirit is the director *par excellence*. A spiritual director trusts God to do His work in you, as you open your heart to Him.

