

**Silence**

**Within each of us**

lies a desire to find  
meaning beyond the  
moment...

to discover our true  
selves...

to grow closer to God...  
and to one another.

Spiritual accompaniment  
can help you satisfy that  
longing.

**EXPLORE  
SPIRITUAL**

**DIRECTION**

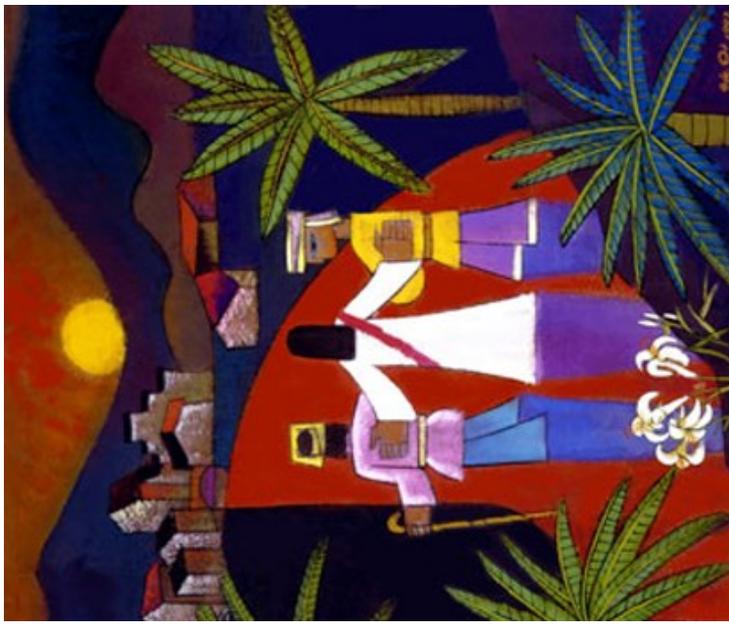
**Contemplation**

**Deepening**

**Finding Meaning**

**Freedom**

**Connection**





## Explore

Spiritual direction encourages you to explore a close relationship with God. In the midst of a busy life, many people find it difficult to notice God's actions in their daily affairs. Yet at the deepest level, all of us long for a more conscious experience of God's presence and love.

## Discern God's presence

In spiritual accompaniment, you reflect deeply on the experience of your daily life. Gradually as you reflect you may begin to recognise God's presence and grace in your life. You may come to realise how God's spirit is truly with you every day and everywhere. You discover that God has been waiting for you to seek this closer relationship.

Spiritual direction is really not about being 'directed'. (Many prefer to use the term spiritual accompaniment.) Rather, it is very much about being encouraged to draw closer to God. Being accompaniment invites you to this relationship.

# Spiritual Accompaniment

## Gifts of Spiritual Accompaniment

You may come to spiritual accompaniment for a variety of reasons:

- Identify and trust your own experience of God.
- Integrate spirituality into your daily life.
- Discern and make choices.
- Share your hopes, struggles and losses.
- Discern your response to God's call to serve the world.

## Meet with the Spiritual Accompanier

The privilege and the responsibility a Spiritual Accompanier is to journey with you as you deepen your relationship with God. The journey takes place in the context of confidentiality. Most Spiritual Directors have extensive training and formation and are seasoned in the art of spiritual direction. Spiritual Accompaniers continue tending their own spiritual life by engaging in ongoing education, confidential supervision, and also meeting regularly with a Spiritual Accompanier.

You and your Spiritual Director will agree on the location, time and frequency of meetings that is convenient for both of you.

Some Spiritual Accompaniers will accept a donation, but no one seeking accompaniment will be excluded because of cost.

After three or four sessions you will have the opportunity to evaluate the relationship. Whether your relationship with the Spiritual Accompanier continues for many years or for only a short period of time, it is very important to be comfortable with your Spiritual Accompanier. What is shared between you is held in confidence.

## Seek and find a Spiritual Accompanier

Rochester Diocese has a network of experienced Spiritual Accompaniers.

If you are interested in exploring with a Spiritual Accompanier please contact:

**Rev Susanne Carlsson  
Chatham**  
Diocesan Adviser for Spirituality  
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