



*Diocese of Edinburgh*

# Spiritual Direction

*What is it? How to find it?*

A short guide for all  
interested people

# Spiritual Direction in the Diocese of Edinburgh

## **What is spiritual direction?**

It is an ancient ministry, sometimes called Spiritual Accompaniment, Prayer Guiding 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 a 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 the need 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 a question is: 'How can I pray?'
- ◆ Sometimes it is a person'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 accompanier or guide's role is to support the discernment of God's activity in your life. Our Diocesan contacts have also all completed appropriate training and are accountable for their practice.

## **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 common pattern is to meet about every four to six weeks for an hour.

## **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. Most accompaniers have a sliding scale up to £30 per session.

### **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. It is best not to ask a friend or someone who is part of your day-to-day life, because this may diminish your freedom to explore.

◆ A rector or priest may be able to suggest someone or make connections that are helpful.

◆ There are three points of contact to find out about spiritual direction nominated by this Diocese. Please be in touch with any of the people listed on the right; they will probably arrange to meet with you for an initial session before suggesting a way forward. These contacts hold details of further people who are trained and supervised to offer this ministry.

### *Initial Contacts*

Revd. Andrew Bain

Chaplain to Emmaus House

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Elizabeth South

Epiphany Group Contact

Tel: 0131 346 1338

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Elizabeth White

Diocesan Office Contact

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[adventures@dioceseofedinburgh.org](mailto:adventures@dioceseofedinburgh.org)

### Useful Websites

[www.edinburgh.anglican.org](http://www.edinburgh.anglican.org)

[www.emmaushouse-edinburgh.co.uk](http://www.emmaushouse-edinburgh.co.uk)

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

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

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



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