

HOW CAN I FIND A SPIRITUAL GUIDE?

The Diocese of Arundel & Brighton has a well-established Network with many trained and experienced spiritual directors. These individuals are available to accompany people on their faith journey.

The Network offers a matching service, linking people seeking accompaniment with a guide who lives within a reasonable travel distance from their home. Enquirers are not matched with a guide from their own parish.

If you would like to find a spiritual guide and live in **Sussex** then please contact **Mary O'Grady**:
E: marytogrady@tiscali.co.uk

If you live in **Surrey** please contact **Teresa Brooks**:
E: topcat52@btinternet.com

The Network also offers ongoing support to those guides working in the ministry of spiritual accompaniment, and meetings are held every three months. If you are a trained spiritual director and are interested in becoming a member of our Network, then please contact our **Membership Secretary Caroline King**:
E: caromking8@gmail.com

Priest Adviser: Fr Raglan Hay-Will
E: raglan.haywill@abdiocese.org.uk

www.abdiocese.org.uk

"In our world, ordained ministers and other pastoral workers can make present the fragrance of Christ's closeness and his personal gaze.

The Church will have to initiate everyone – priests, religious and laity – into this "art of accompaniment" which teaches us to remove our sandals before the sacred ground of the other (cf. Ex3:5)."

**Pope Francis in
*Evangelii Gaudium***



THE CATHOLIC DIOCESE OF
ARUNDEL & BRIGHTON

Registered Charity No. 252878

A&B SPIRITUALITY NETWORK

Sharing your Faith Journey

How do you
experience the
presence of God in
your life?



Would you like to
grow in your
relationship with
God?

Have you ever thought of sharing
something of your faith story?

SPIRITUAL ACCOMPANIMENT OFFERS AN OPPORTUNITY TO DO THIS, BUT WHAT IS IT?

Each of us meets God in our everyday experiences, sometimes we just need a little help and guidance to recognise it. We can learn to listen to God, and discern the Holy Spirit's call and direction.

A spiritual guide can offer something that is in short supply in our busy world today: time, caring attention, acceptance and encouragement, and a great ability to listen.

Over a period of time we share our faith journey with this trusted person in confidence. We bring the things that mean the most to us, including our hopes, dreams and struggles.

Spiritual accompaniment offers us a safe space in which to explore and reflect on our relationship with God, whatever that is like.

In time this can lead to a growing awareness of God's presence in all aspects of our lives, and a greater appreciation of his love for us.



WHERE DID THE IDEA OF SPIRITUAL ACCOMPANIMENT COME FROM?

The gospels record times when Jesus entered into conversations with people, encouraging their belief. From then on, spiritual guidance has been part of the tradition of the Church, understanding that none of us makes our faith journey entirely on our own. The real agent of our spiritual progress is the Holy Spirit. However, one-to-one accompaniment by a confidential guide can help us see and appreciate the way the Spirit is already acting in our lives.

In today's changing world, an increasing number of people are rediscovering how helpful it can be to have someone walk alongside them on their journey of faith.



WHO IS SPIRITUAL GUIDANCE FOR?

It is for anyone who is interested in drawing closer to God. God meets us where we are, not where we think we should be. The fact that many of us feel unworthy of God's love can become a stumbling block to our openness to accepting and embracing his love personally.

HOW CAN SPIRITUAL GUIDANCE HELP ME?

As a relationship of trust with a spiritual companion builds over a period of time, we can speak honestly about ourselves and our faith journey. Through the Holy Spirit's gentle work in us we can become more open to God.

Through a more developed self-knowledge, we can grow in our sensitivity to God's grace and movement in our daily lives. A guide can sometimes bring a different perspective to personal issues, both past and present, and this can be very helpful, especially if we feel we are going round in circles.



"No words can express the tenderness which our Lord devotes to our spiritual growth".

Julian of Norwich