



## Spiritual Direction Referrals

Thank you for contacting the London Jesuit Centre enquiring about Spiritual Direction.

This note sets out a brief outline of:

- 1. What spiritual direction is**
- 2. What LJC can offer** to assist you in your search for a director.
- 3. Practicalities**

### **Part 1: What spiritual direction is:**

Spiritual Direction has, among other things, been variously described as 'holy listening', having a 'soul friend', 'spiritual friendship', 'spiritual guidance'.

The term 'director' can be misleading in fact since the emphasis in this relationship is on accompaniment. A spiritual director is trained to listen reflectively and to offer spiritual companionship as you explore your awareness of God's presence and activity in your life, within your prayer, daily living and your deepest desires, to shed light on your journey with God.

Spiritual direction gives a time and place of complete confidentiality, a sacred and secure space, where you are accompanied on your own unique journey, where both director and directee are open to the work of God. The beginning is where you are at this moment. The director, from training and their own faith journey, is able to make suggestions and offer aids for prayer and reflection.

### **Part 2: What LJC can offer:**

We hold the names of spiritual directors ***in the London area only*** who are willing to receive enquiry referrals from the Centre. All these directors are trained in spiritual direction, are in spiritual direction themselves, receive supervision for their ministry and will as a matter of good practice take on-going training opportunities when appropriate. ***However, we need to state that referral does not equal recommendation.***

This group of directors is drawn from a range of Christian traditions, include women and men, lay people as well as those in ordained ministry and/or religious life. Should you have any preferences in this regard there is opportunity on the attached form to indicate this.

Once you have completed your application form a member of the Spirituality Team will review it and will send you suggestions of one or two spiritual directors who may be suitable. It is always a good idea to arrange a preliminary session to see if it seems right to work together.

### **Part 3: Practicalities**

There are some practicalities for you now to consider.

**Location:** While some of the spiritual directors on this list meet with people at the LJC others are located in a variety of locations across London. You may want to consider how important access and journey time is to you.

**Meetings:** usually spiritual direction sessions will last an hour. Normally, the director and directee will establish a pattern of meetings. This could be monthly, every six weeks or two months, depending on the circumstances of the director and directee.

**Cost:** some directors will make a specific suggested donation for spiritual direction, most will adjust this according to the directee's circumstances and ability to donate. This is something to talk about at your first exploratory meeting with the director.

**Next step:** please complete the attached form and return it by email to [ljc@jesuit.org.uk](mailto:ljc@jesuit.org.uk) It can take a little time for your request to be processed but you will be contacted as soon as possible. Thank you for your understanding.