

Finding spiritual accompaniment

To find a spiritual accompanier/director, you can either use your own networks to search for the right person or contact the Diocese of Sheffield (contact details below). You will be referred to a member of the Spiritual Accompanier Referral Group who will take you through the process of finding someone.

Fees

Most accompaniers do not charge at all. Some invite a donation. Some charge, depending on their circumstances. If a charge would be an issue for you, please let us know when you apply.

To apply

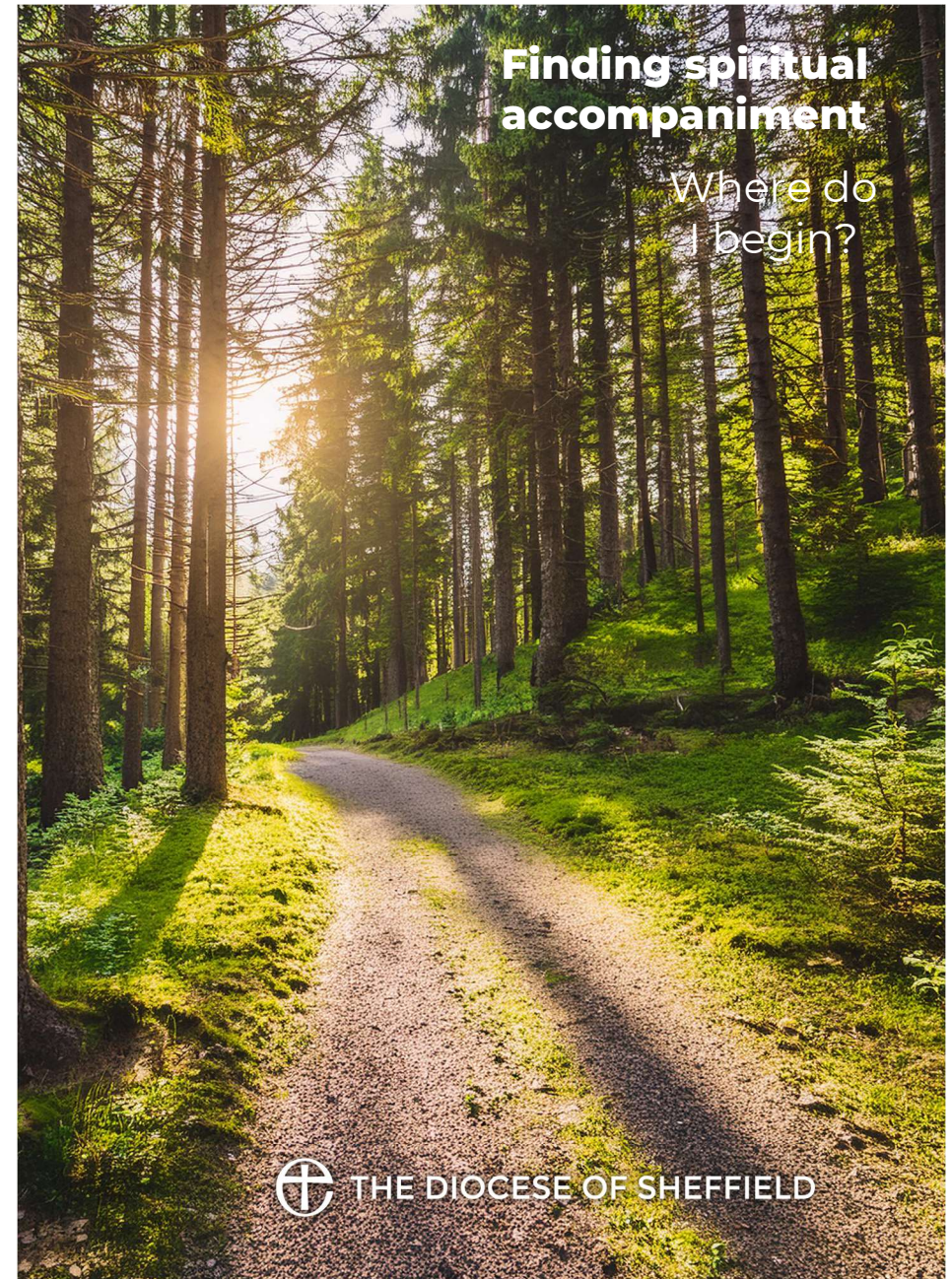
- 🌐 Use the QR code or visit sheffdio.org/accompaniers
- ✉️ suzanna.schofield@sheffield.anglican.org
- ✉️ Suzanna Schofield, Diocesan Church House, 95-99 Effingham Street, Rotherham S65 1BL
- 📞 Suzanna 01709 309 147



Acknowledgements

This leaflet was prepared by the Sheffield Spiritual Accompaniment Referral Group based on several others, including:

- [The Retreat Association](#), Kerridge House, 42 Woodside Close, Amersham, HP6 5EF
- [The Diocese of Southwell and Nottingham](#), Dunham House, 9 Westgate, Southwell, NG25 0JL.



Finding spiritual accompaniment

Where do I begin?

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Many people value having a spiritual accompanier/director helpful. Choosing one can have important consequences in your life, so it is worth making the choice carefully. This leaflet seeks to help you do that.

What happens?

The first meeting will be exploratory – a chance to get to know one another, to compare what you hope for with what the person can offer.

The accompanier/director may suggest that you meet for a few times and then review the relationship together. Throughout, do say honestly what you think and feel about your meetings.

Thereafter a typical meeting lasts an hour.

You will have an opportunity to consider questions such as:

- What has been going on in your life?
- What feelings or moods have been around?
- When were you particularly aware of God's presence or activity in your life?
- How did you feel at those times?
- Have there been any surprises?
- What are your current preoccupations?
- In your innermost heart what do you hope for?

Why bother?

Some commonly reported effects of having a spiritual director/accompanier are:

- Greater ease with relationship with God
- Greater sense of God's love
- Greater freedom to be yourself
- Affirmation of faith
- Greater sense of being on a faith journey
- Sense of support – particularly through difficult times.

Further information

To learn more about what you can expect from spiritual direction, please visit www.retreats.org.uk/spiritualdirection.

How do I go about it?

Choosing a director/accompanier is a very personal decision. As you begin the process, pray for wisdom and discernment.

You will want to reflect on what you are seeking through the relationship – but you may also want to trust your instinct.

Unsure?

If you would welcome discussion as to whether spiritual accompaniment is right for you, please email spirituality.adviser@sheffield.anglican.org or phone Rev Dr Julian Raffay on 07907 331 859 who will be happy to discuss things with you. (Tuesdays and Wednesdays are the best days to contact him).