

## *Some practical considerations*

Together with your Spiritual Director you will agree on the location, time and frequency of meeting which feels right for you and how you can make a donation/ contribution.

After a few sessions you will have the opportunity to review together and evaluate the experience as you seek the way forward.

*'The pace of this accompaniment must be steady and re-assuring, reflecting our closeness and our compassionate gaze which also heals, liberates and encourages growth in the Christian Life'*

Pope Francis 'Evangelii Gaudium' (Ch 169)

The Southwark Diocesan Spirituality Commission is here to help you to find someone to accompany you.

We hold a list of trained Spiritual Directors who live in various parts of the Diocese and beyond.

The first step on the journey is to make contact with Margaret Palladino who will have an initial conversation with you about Spiritual Accompaniment and look at the next step forward.

**Margaret's contact details:** email:-  
[palladinomargaretssc@gmail.com](mailto:palladinomargaretssc@gmail.com)

**by post :- Margaret Palladino**  
St George's RC Cathedral, Westminster Bridge  
Road, London SE1 7HY

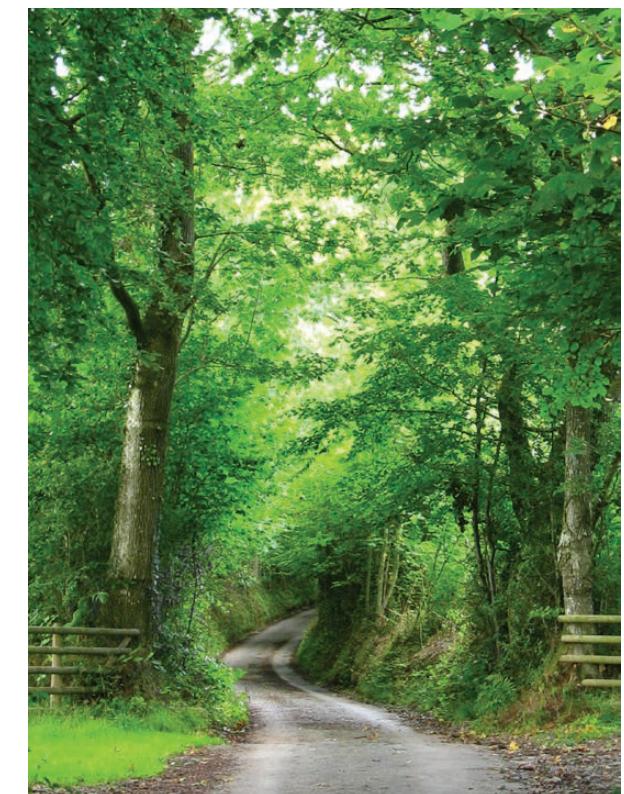
Cover Photo – Diane Reynolds



**Silence**  
**Explore**  
**Contemplate**  
**Reflect**  
**Listen**  
**Deepen**  
**Connect**  
**Pray ...**

## **Spiritual Accompaniment**

**SHARING THE JOURNEY**



*... an opportunity to discover  
and explore the presence  
of God as you journey in  
everyday life.*

## **What is Spiritual Accompaniment?**

**'Lord you have made us for yourself and our hearts will not rest until they rest in you.'**

Saint Augustine.

**Spiritual Accompaniment** can help you to reflect on your life's journey, and to explore a closer relationship with God as you seek where God is present in the ordinary of every day. To be able to share this journey with another can help you to see the 'touches of God' in the whole of your life, from your 'rising to your resting'.

In the busy world we live in, it is often hard to take time, stand back and reflect on daily happenings; but when we do, our lives can take on a different perspective as we experience 'life to the full' that Jesus promised us. Spiritual Accompaniment is really not about being 'directed', but it is very much about being encouraged to draw closer to God, who is the unseen presence in this relationship.

## **Who are Spiritual Directors?**

Spiritual Directors are ordinary people coming from all walks of life, from different Christian denominations and may be lay or ordained. They will all have felt a call to this reflective listening ministry, have received training, and are all experienced listeners.

They will offer you a confidential and safe space and walk alongside you as you explore the presence and work of God in your life.

***'Within each of us lies a desire to find meaning beyond the moment, to discover our true selves and to grow closer to God and to one another'***

Rochester Diocesan Spiritual Accompaniment leaflet

## **Where does the journey begin?**

Spiritual Accompaniment starts where you are on your life's journey. The privilege and responsibility of a Spiritual Director is to journey alongside you helping you to become more aware of God's presence in your life and help you to deepen your unique relationship with God, through prayer.

## **What do I bring to Spiritual Accompaniment?**

You may come to Spiritual Accompaniment for a variety of reasons.

- To simply want to know God more and in doing so discover your true self.**
- To learn how to pray, to pray better and perhaps experience new ways of praying**
- To be able to discern and make good choices**
- To share with someone your life's journey with its struggles, joys, hopes, fears and losses**

God is in all things and all things are in God. You can bring anything to a session including your desires and your dreams: whatever is in your heart including your doubts, hesitations; that which can sometimes get in the way of your inner freedom and can become an obstacle between you and God.

You are invited to share only what you wish, that which may help you to deepen and strengthen your relationship with God. God is in every part of your life and all that is important to you is part of spiritual accompaniment. Meeting regularly together will help to keep your spiritual life in the forefront of your heart and mind and give you the opportunity to reflect and see how God is working in your life.

**Spiritual Accompaniment** needs time, and patience. In the beginning the one thing necessary is the desire to want to be open and honest when sharing the essential aspects of your life's journey.

It will hopefully be a journey filled with the grace of God.