

### *How can I find a spiritual guide?*

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

If you would like more information on spiritual guidance, or the Network, please contact one of the team below.

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*"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*



## **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 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.

So 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.

*So where did the idea of spiritual accompaniment come from?*

The gospels record times when Jesus entered into conversations with people, encouraging them to grow. From then on spiritual guidance has been part of the tradition of the Church.

In today's frenetic 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.

*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 and openly about ourselves and our struggles and can become more open to God.

Through a more developed self-knowledge, we can become more sensitive 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.

