

- **Who will listen to me?**
- **Who will listen with me?**
- **Who will share my joys and sorrows?**
- **Who will accept my questions?**
- **Who will hear my doubts?**



Website addresses

Search Ely Diocese spiritual direction for further information.
www.elydiocese.org



Spiritual Direction contacts

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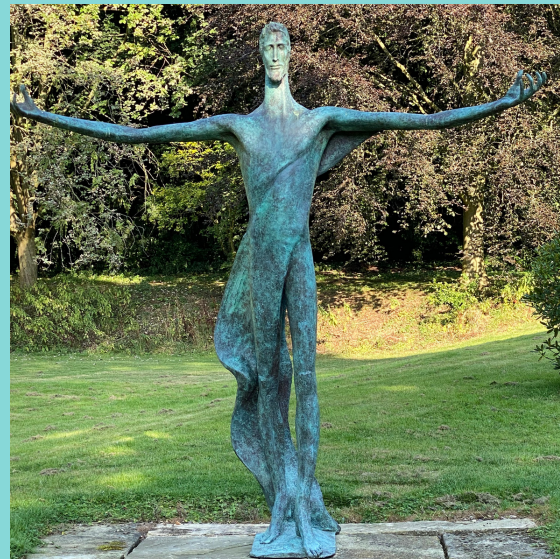
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**Spiritual Direction
or accompaniment**

Sharing the journey

**Exploring,
reflecting and
deepening your
spiritual life and
journey with God**





How to contact a Spiritual Director

If you would like to be put in touch with someone who may be suitable to be your spiritual director, please think about the questions below

what is spiritual direction?



Spiritual Directors

Spiritual directors who are registered with the Ely Diocese will:

- have undertaken some training with Cambridgeshire Courses in Spiritual Direction (CCSD) or another approved training course
- continue to learn and undertake supervision for the work they do
- have their own spiritual director
- be able to produce references if required

The Spirituality Advisory Group (SPAG) of Ely Diocese, in collaboration with the Cambridgeshire Courses in Spirituality and Spiritual Direction (CCSD), aims to promote an ecumenical ministry of spiritual direction in the area.

If there is a choice would you prefer:

- a man/woman?

- lay/ordained/ or member of religious community?

- a particular

- denomination/tradition?

- someone older/younger than you?

Also:

- can you travel to meet your director or will they need to be local?

- have you had spiritual direction

Some directors make a charge for this ministry: others do not. This would be discussed before or at the first meeting, as will the place and frequency of meetings.

Spiritual 'direction' or spiritual 'accompaniment' could be described as a

'formal listening ministry'.

It is about a safe space and opportunity for a spiritual director to accompany you on your spiritual journey; to help you explore, reflect and deepen your life of faith and to notice or pay attention to where God is in every aspect of your life.

A spiritual director will help use the tools of silence or affirmation to help you deepen your self awareness in your spiritual life and journey with God.

It is a ministry of listening, reflecting and encouraging and is always strictly confidential.