

Contacts for information and help

For information, and/or to be put in touch with someone who may be suitable to be your spiritual director, contact:

Diocesan Spirituality Officer

Rev'd Mike Banyard, The Vicarage, High St,
Chippenham, Ely, CB7 5PP
(☎01638 721616; ✉ banyardmg1@yahoo.co.uk)

To be put in touch with possible directors, you may also approach one of the following area contacts:

South Cambs – Sue Walker

☎ 01799-584937
✉ suewalker619@btinternet.com

Huntingdon area/western Cambs – Richard Bunyan

☎ 01480 812950
✉ rbunyan@btinternet.com

Ely area/northern Cambs – Margi Clarke

☎ 01353 666410
✉ margic@waitrose.com

Cambridge City – Tricia Troughton

☎ 01223 521786
✉ patricia.troughton@ntlworld.com

If you encounter any difficulties with this process please let Mike Banyard know. He will try to resolve your concerns. If he is unable to, with your agreement he will pursue your concern with the Diocesan Spirituality Advisory Group.

 www.ely.anglican.org

Opportunities for **SPIRITUAL DIRECTION** in the Cambridgeshire area



“...what happiness, what security, what joy to have someone to whom you dare speak on terms of equality as to another self; one to whom you can unblushingly make known what progress you have made in the spiritual life; one to whom you can entrust all the secrets of your heart and before who you can place all your plans”
(Aelred of Rievaulx)

What is spiritual direction?

Most people writing about spiritual direction begin by complaining about the unsatisfactory nature of the term. 'Spirituality' can mean almost anything these days, and 'direction' suggests that someone is telling us what to do. For this reason a variety of other terms can be used: soul friend, from the Celtic *anam-chara*; mentor; prayer guide.

Whatever the preferred phrase, the principle we are talking about is the value of one Christian sharing with another about their walk with God. It is the purpose of the director to help the other recognise the workings of God within them and within their everyday lives.

It may be that you have arrived at a point of challenge in your Christian life, or a need to choose a particular path or follow a particular vocation. A spiritual director may help you to discover what is right for you – what God is saying to you. You may want to address a challenging issue, or you may have a less specific reason - such as a desire to deepen your relationship with God, to develop your life of faith, or to explore different ways of praying.

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 opposite and then contact one of the people overleaf. They will give you one or more names of directors, from which you can choose. These people will be drawn from the list maintained by the Diocese of Ely's Spirituality Advisory Group. All directors on this list meet four criteria which are (in summary):

- they have undergone some suitable training
- they are directing under supervision
- they have their own spiritual director
- they can produce references if required.

The contact person will not allocate a spiritual director to you, and they cannot guarantee that you and any particular director will suit each other. However, they will suggest director(s) who seem most likely to match your needs, based on the information you supply. The final choice, and the responsibility of making an arrangement to meet a director, rest with you and this will be a private arrangement between yourself and the director.

You would usually meet a director for a few occasions then review together how the relationship is working.

Questions for you to consider to help in the process of being put in touch

Please think about the following and, if possible, send a summary of your answers in writing (by e-mail or letter) to the person whom you approach from the contact list overleaf. You may find some questions more important than others, but the more information you can provide the more likely a good match can be made.

- Do you especially want the spiritual director to be a man or a woman? A layperson, ordained or a member of a religious community?
- Do you mind what denomination they come from? If so, which one?
- Do you mind if they are older or younger than you?
- Is it important to you that your guide is grounded in a particular tradition (eg. Benedictine, evangelical, charismatic), or would you like someone with an eclectic approach?
- Can you travel to meet your guide or do they need to live locally?
- Have you had experience of spiritual direction before?
- Any other comments?