

## WHAT IS SPIRITUAL DIRECTION?

Christian Spiritual Direction is “help given by one Christian to another which enables that person to pay attention to God’s personal communication to him or to her, to respond to this personally communicating God, to grow in intimacy with this God, and to live out the consequences of the relationship.” [William Barry and William Connolly, *The Practice of Spiritual Direction*, p.8]

Spiritual Direction is offered to people of faith who feel called to a deeper life in the Spirit.

Learning to “*pray the scriptures*” is an important element of Spiritual Direction.

## HOW?

Spiritual Directors in our Diocese use a “matcher” who links people to accredited persons and places to learn more

If you would like more information concerning Spiritual Direction, please contact Marilyn Wray on the Spiritual Direction Group mailbox at **[spiritualdirectiongroup@montreal.anglican.ca](mailto:spiritualdirectiongroup@montreal.anglican.ca)**

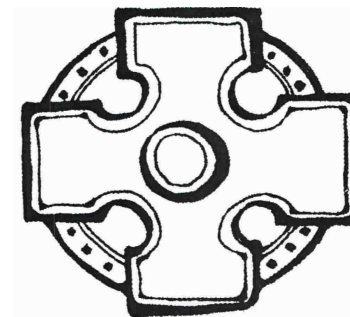
All such contacts are confidential.

## WHAT DOES IT COST?

Although there is no fee schedule, Spiritual Directors feel that this is valuable and worthy work that demands a commitment of the person seeking Spiritual Direction. Thus we welcome contributions that will be used to further the work of Spiritual Direction in our Diocese.

# ABOUT SPIRITUAL

# DIRECTION



IN THE

## ANGLICAN DIOCESE OF MONTREAL

### WHO?

**Spiritual Directors** are trusted “Companions on the Way” who help to develop and nurture those longing for a deeper life in the spirit.

**Spiritual Directors** may be ordained, lay or religious. All directors licensed in the Diocese of Montreal must subscribe to criteria approved by the Bishop which include:

- ◆ respecting confidence,
- ◆ discerning a call to the ministry of Spiritual Direction,
- ◆ having a spiritual director himself or herself,
- ◆ being involved in ongoing spiritual training, and being accountable to other spiritual directors in a peer group or supervisor relationship on a regular basis.

### HISTORY

A small group of clergy and laity began meeting regularly in 1995 to pray and meditate together to explore how they might make accredited Spiritual Direction available to individuals in our Diocese.

The result of these meetings was formation of criteria accepted by Archbishop Andrew Hutchison and reaffirmed by those diocesan Bishops who have since come after him as a means by which individuals wishing Spiritual Direction may be matched with someone trained in this discipline.

We continue to pray God’s blessing on this venture.

**NOT RECOMMENDED  
FOR...**

Spiritual Direction may not be suitable for those who

- ◆ have serious psychological difficulties
- ◆ have a serious social problem

Spiritual Directors are *not trained* to provide special services such as psychotherapy and marriage or addiction counselling, but will help to refer one to accredited professionals.