

Fees

The fees for participants within the geographical area of the Diocese of Sheffield and Sheffield Methodist District are £200 per person per course. (This includes refreshments, the retreat, online videos, and other materials) The Church of England's Strategic Mission and Ministry Investment Board subsidise our formation courses via a grant to the Diocese of Sheffield.

Bursaries

We encourage enquirers to seek support from their local church, from Whirlow Grange Ltd, and other charitable organisations.

To apply

- 🌐 Use the QR code or visit sheffdio.org/accompaniers
- ✉️ suzanna.upperdine@sheffield.anglican.org
- ✉️ Suzanna Upperdine, Diocesan Church House, 95-99 Effingham Street, Rotherham S65 1BL
- 📞 Suzanna 01709 309 147



Unsure?

If you would like to explore whether a calling to serve others as a spiritual accompanier, please email spirituality.adviser@sheffield.anglican.org or phone Rev Dr Julian Raffay on 07907 331 859. He will be happy to hear from you. (Tuesdays and Wednesdays are best).

Further information

To learn more about spiritual accompaniment, please visit www.retreats.org.uk/spiritualdirection.



Spiritual accompaniment is valuable for everyone's spiritual health and wellbeing. We provide opportunities for formation for those exploring a call to become spiritual companions.

The courses are grounded in the Christian faith. We invite anyone of any denomination or none to apply. We embrace equality and diversity. We especially welcome applicants with disabilities and those from minority groups.

The most important requirements are (a) desiring to help others in their relationship with God, (b) growing in faith, (c) developing the ability to accompany others on their spiritual journey.

Requirements

We expect those exploring becoming companions to:

- be receiving spiritual accompaniment
- provide references from their spiritual companion and church/community leader
- commit to attending all sessions during their courses (due to small group learning)
- complete Anglican Basic and Foundation Safeguarding and Domestic Abuse training (or Methodist or other equivalents)
- keep up to date with safeguarding training.

The Diocese of Sheffield is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults. All companions are expected to share this commitment. Applicants will be subject to Safer Recruitment. Please contact Rev Dr Julian Raffay, Bishop's Adviser on Spirituality if you have any questions.

Step 1 – Approach

1. Reflect on your own faith journey and pray
2. Discuss with your companion, church leader and others
3. Contact us (details on back page).

Step 2 – Formation

This typically takes place over two years through two six-month courses:

- Spiritual Growth and Transformation (SG&T)
- The Art of Spiritual Accompaniment (ASA).

These may be in person or involve blended learning (online and in person) to make our programmes more accessible.

If you have completed formation equivalent to one or both of these, please contact Rev Dr Julian Raffay, Bishop's Adviser on Spirituality.

Step 3 – Discernment

At the end of the ASA course, you will have a conversation with the course facilitators to discern admission to the Bishops' List of Companions. The Bishop will affirm your ministry at our annual Celebration of Lay Ministries Service.

Our Referral Team allocates those seeking accompaniment to companions (by mutual agreement). You may accompany online or in person (or in combination). You choose how many people you feel able to accompany.

Step 4 – Ongoing support

We provide support and a programme of activities including:

- regular supervision
- quarterly resource evenings
- an annual 'gathering'.

We also support companions in undertaking continuing development through other providers, including:

- London Centre for Spiritual Direction
- St Bede's Pastoral Centre, York.