

## Fees

Some accompaniers do not charge. Some invite a donation. Others charge, depending on their circumstances. You can indicate on the form if payment would be difficult for you.

## To apply

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



## Unsure?

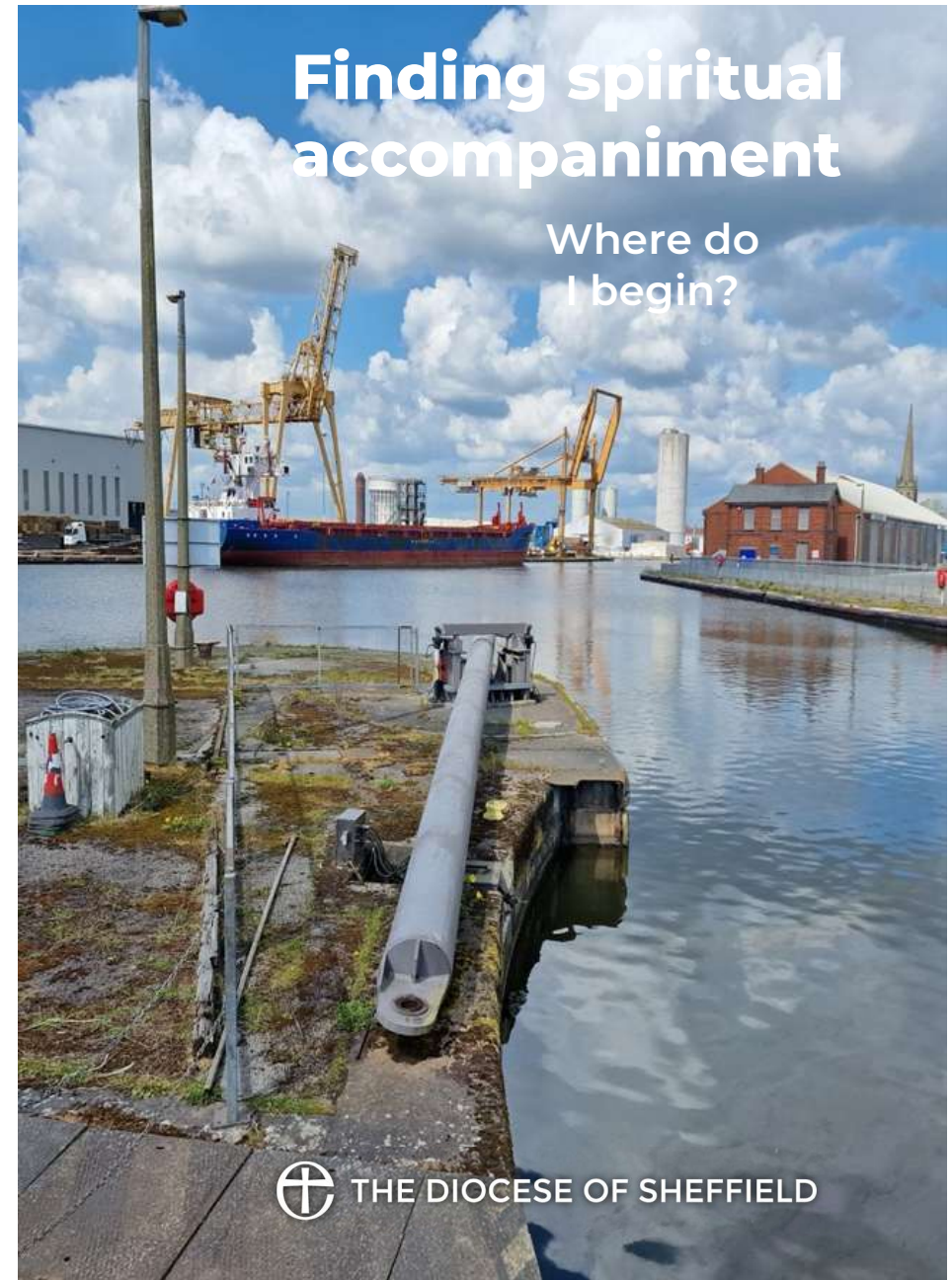
If you would like to explore whether spiritual accompaniment is for you, please email [spirituality.adviser@sheffield.anglican.org](mailto:spirituality.adviser@sheffield.anglican.org) or phone Rev Dr Julian Raffay on 07907 331 859. He will be happy to hear from you. (Tuesdays and Wednesdays are best).

## Further information

To learn more about what you can expect from spiritual accompaniment, please visit [www.retreats.org.uk/spiritualdirection](https://www.retreats.org.uk/spiritualdirection)

## Acknowledgements

The Sheffield Spiritual Accompaniment Referral Group prepared this document with material from [The Retreat Association](#), Kerridge House, 42 Woodside Close, Amersham, HP6 5EF.



Many people find a spiritual accompanier/director helpful. They can have important results in your life. It is worth making the choice carefully. This leaflet helps you do that.

We invite anyone of any denomination or none to apply. We embrace equality and diversity and are working to make accompaniment accessible to everyone. We especially welcome applicants with disabilities and those from minority groups.

### **Benefits of accompaniment**

Commonly reported benefits of having a spiritual accompanier include:

- Greater ease with God
- Greater sense of God's love
- Greater freedom
- Affirmation of faith
- Greater experience of being on a faith journey
- Feeling supported – especially through tough times.

### **Finding a spiritual accompanier**

To find a spiritual accompanier, you can either use your own networks to search for the right person or contact us (see over). We run the local Spiritual Accompaniers' Network for several Christian denominations. We can connect you with a member of our Spiritual Accompanier Referral Group who will help you find someone.

### **How do I go about it?**

1. Choosing an accompanier is a personal decision. As you set out, pray for wisdom and discernment.
2. Reflect on what you are seeking through the relationship and trust your instinct.
3. Contact us – see details on back page.

### **Step 1 – Enquiry**

Suzanna Upperdine, Administrator, sends you a simple form to complete. and send to a referrer. She will give you their contact details.

### **Step 2 – Referral**

When the referrer has received your completed form, they will contact you for a conversation. They explore your interests and give you the names of two potential accompaniers. You contact one, or both, of them to find out if they are suitable.

### **Step 3 – First meeting with your accompanier**

Your first meeting will be exploratory – a chance to get to know one another. It will provide a chance to compare what you hope for with what the person can offer.

The accompanier may suggest meeting a few times before reviewing the relationship. Do say honestly what you think and feel about your meetings.

### **Step 4 – Further meetings**

You can explore questions such as:

- What has been going on in your life?
- What feelings or moods have you felt?
- When were you most aware of God's presence or activity?
- How did you feel at those times?
- Have there been surprises?
- What are your concerns?
- In your innermost heart what you hope for?

A typical meeting lasts approximately an hour. We encourage an annual review to ensure you receive what you need.