



THE ART OF SPIRITUAL ACCOMPANIMENT

February - July 27

The Course

The course (ASA) is open to anyone (from any denomination or none) who has completed the Spiritual Growth and Transformation course. It builds on the experience of the listening groups. It is not academic.

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

Who is it for?

ASA is especially suitable for people who:

- Feel called to listen to others about their faith
- Want to grow in listening to God in others' lives
- Are exploring spiritual accompaniment (spiritual direction)

Aims

- To deepen understanding of spiritual accompaniment
- To develop openness to God and discerning listening
- To support growth in this ministry through prayer and reflection

What's involved

Developed ecumenically over 25 years, ASA has five key features:

1. Prayer and reflection practices
2. Observed listening in small groups. This develops into the practice of responding suitably, and with discernment, to what is shared.
3. Exploring themes like Bible and theology of spiritual accompaniment, human development, and relationship dynamics in spiritual accompaniment.
4. Learning through groups, discussions and role play
5. Supervised listening with someone outside the course

Programme

The course consists of an induction afternoon and twelve one-day sessions. All sessions are in person.

Requirements

The most important requirement is the desire for a deeper relationship with God, to grow in faith and develop the ability to accompany others on the spiritual journey.

To join, you should:

- Have completed the Spiritual Growth and Transformation course (or an equivalent from another course provider)
- Commit to attend all sessions (group learning depends on full attendance)
- Have met with your Spiritual Accompanier for at least a year
- You will need to find someone to listen to regularly for the duration of the course. We can offer guidance on this

Because this course prepares participants for a formal role within your denomination, the following are also required as part of Safer Recruitment practice:

- Evidence of current (a) Basic, (b) Foundation, and (c) Raising Awareness of Domestic Abuse safeguarding training through Anglican online training or your denominational equivalent.
- Consent to references from (a) your Spiritual Accompanier and (b) church/community leader
- Provide documentary evidence of your identity

If the safeguarding training presents a challenge, additional support is available and that will be offered in confidence.

Still Unsure?

If you're unsure, or wish to discuss any additional requirements you might have, please contact Revd Dr Julian Raffay:

✉ spirituality.adviser@sheffield.anglican.org

☎ 07907 331 859

Dates

Induction afternoon: Thursday 4 February 2027 from 1.00 to 4.30 pm.

Main sessions on Thursdays from 09.30am to 4.30pm at Whirlow Spirituality Centre, Whirlow Grange Close, Sheffield S11 9SY.

- 11 February
- 4, 11 and 25 March
- 8 and 22 April
- 6 and 20 May
- 10 and 17 June
- 1 and 15 July

If you apply for the course, please safeguard these dates.

Fees

We encourage you to ask your church or supporting body to help with costs. For people in the geographical area of the Diocese of Sheffield or the Sheffield District of the Methodist Church, the fee is £200 per person. This includes lunches, refreshments, and other materials. The Church of England's Strategic Mission and Ministry Investment Board helps fund this through a grant.


If you live outside the Diocese or need information about grants, contact our administrator.

To apply

You can apply by the following way:

 sheffdio.org/ASA

 suzanna.upperdine@sheffield.anglican.org

 Diocesan Church House, 95-99 Effingham Street, Rotherham
S65 1BL

 01709 309 147

Applicants will meet with ASA facilitators in December to:

- Discern if the course and timing are right for you
- Answer any questions

The closing date for applications is 6 November 2026.