

Spiritual Direction

Anglican Diocese in New England

A Ministry of Listening to God Together

What is Spiritual Direction?

Spiritual direction is a three-way conversation between the “directee,” the “director” and the Holy Spirit. The director seeks to provide a safe and prayerful space in which director and directee can look together for the presence of God in the events of the directee’s daily life. The director encourages and supports the directee in order that he or she may respond meaningfully to God’s invitations. Spiritual direction differs from therapy, discipling, counseling or mentoring.

What happens in a spiritual direction session?

The spiritual director will offer open questions concerning God’s movement in the directee’s life. “Where are you being stretched in your faith right now?” “What is God saying to you in this event of your life?” “How are you being invited to grow more fully into the person God created you to be?” In a prayerful, safe, and confidential atmosphere, the directee and director ponder such questions together.

How often do I meet with a spiritual director?

Spiritual direction sessions occur about once a month for approximately an hour. It is important to be on time for each meeting and to call at least a day ahead if one needs to reschedule. During the initial meeting, the director and directee explore the possibility of developing a spiritual direction relationship. If they agree to continue meeting, they decide on meeting times, location, fees, and other logistics.

What are the responsibilities of the directee?

The directee is expected to come to the monthly session thoughtfully prepared to share about their spiritual life. Between sessions the directee takes time for prayer and reflection. Spiritual direction is a time to share about what is happening between you and God in the midst of life’s events. The directee seeks to develop an awareness of God’s presence in daily life and to grow in following him.

What are the responsibilities of the director?

The director is committed to offering a prayerful, compassionate presence during spiritual direction sessions. He or she listens deeply to the directee and to God. The director will attempt to be honest and biblical in conversation. Periodically you and your director will assess your meetings to see if there are any adjustments that need to be made. Either of you may decide to end the direction relationship at any point. While conversations may touch on a variety of life issues, directors are not psychotherapists or professional financial advisors, nor are they responsible for your decisions.

Is there a fee?

The directee is responsible for a session fee, payable to the director, for an amount agreed upon during the first session. A fee makes it possible for directors to receive costly training. It also gives directees an

incentive to receive the most from spiritual direction sessions.

What about confidentiality?

Spiritual directors are ethically committed to confidentiality. Information revealed in spiritual direction sessions will not be released to a third party without your signed consent unless it is legally and/or ethically required, as in cases of actual or suspected abuse, or other risk of injury to the director, to a minor, or to any third party. This spiritual direction ministry is under the supervision and authority of the bishop of the Anglican Diocese in New England.

Those who are receiving counseling or pastoral care, and would like their director to communicate with their therapist or pastor, must give written consent. The director is bound to confidentiality; however, directees may share about their spiritual direction conversations as they choose. Confidentiality makes it inappropriate for a director to serve as a reference,

Are ADNE spiritual directors trained?

Spiritual directors recommended by the ADNE must have completed a certified spiritual director training course. They are also required to be receiving regular supervision either by another experienced and trained spiritual director or through a peer supervision group of other trained spiritual directors. Spiritual directors are expected to meet regularly with their own spiritual director in order to maintain the integrity of their own spiritual life and growth.

For more information about the ADNE spiritual direction ministry, training program, and spiritual directors in your area, please email Canon Susan Skillen at sskillen@ad-ne.org.