

## The Art of Spiritual Accompaniment

This is an experiential course for both lay and ordained people exploring listening, prayer, discernment and accompanying others in the Christian life, organized by The Spirituality Network within the Diocese of Derby and the Nottingham and Derby Methodist District but open to all.

### Is this course for you?

- Do you want to learn more about spiritual accompaniment?
- Do people seek your help in deepening their relationship with God?
- Do you want to explore the possibility of a call to spiritual accompaniment, otherwise known as spiritual direction?

### What does the course look like?

This course, taking place in 2026- 2027, consists of twelve face to face sessions, on Saturdays from 10 am until 3:30pm spread over seven months. One of these sessions will be a day retreat. The rest of the sessions will include space and silence, an exploration of different ways of praying, practical listening skills in triads, reflection time in small groups and teaching about spiritual traditions and good practice. There is no course work, as such, but there is a book list to guide those who wish to do further study in their own time.

#### Dates 2026

**19 September - first meeting**

<b>3 October</b>	<b>17 October</b>
<b>7 November</b>	<b>21 November</b>
<b>5 December</b>	

**Christmas Break**

#### Dates 2027

<b>9 January</b>	<b>23 January</b>
<b>6 February</b>	<b>20 February</b>
<b>6 March</b>	<b>20 March</b>

*Regular attendance at sessions and the retreat is a precondition of attending the course. Participants should be in spiritual accompaniment prior to beginning the course, please ask Cameron about this if you are unsure.*

### By the end of the course, you will have:-

Grown in self-awareness and discernment about your own life and developed your ability to recognize the signs of God's prompting, calling, activity and movement in the lives of others that will enable you to travel alongside them as spiritual companions.



You will have learnt this by:

- exploring the practice of spiritual accompaniment
- exploring the relationships between personality, prayer, Christian growth and development
- learning how to apply the insights above to the lives of others
- Deepening your skills of listening and discernment

## Cost of course

The course cost will be £260 per person.

Discretionary grants are available and open to all applicants. Local churches, deaneries, circuits and denominational bodies might be able to support too. Licensed Anglican clergy and readers may apply to use their CME grant for this course.

## Venue

The venue is Darley Dale Methodist Church, Dale Road North, Darley Dale, Matlock DE4 2FS. It has a large car park. There is lovely green park with space for reflection behind the church.

## How to apply

For queries and to request an application form please email [cameron.butland@derby.anglican.org](mailto:cameron.butland@derby.anglican.org)

**Closing date for applications is Friday 26<sup>th</sup> June 2026** , and interviews for all applicants will take place in July or August 2026.

# The Art of Spiritual Accompaniment

## 2026/7



*Does your heart long for a little time and space to pray, reflect and consider what God might be wanting to say to you?*

*Do you find people open up to you and want to share something of their faith journey, prayer life and spiritual walk with you?*

If the answer to those questions is **YES** then you might want to turn over and consider joining a small group of people exploring the art of spiritual discernment, direction and accompaniment together.