



GROWING CLOSER TO GOD SUPPORT FOR YOUR FAITH JOURNEY



DIOCESE OF TRURO
DISCOVERING GOD'S KINGDOM
GROWING THE CHURCH

HAVE YOU EVER WONDERED ...

- Where is God in all of this?
 - Is there more to prayer than I am experiencing?
 - What am I meant to be doing with my life, my work etc?
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Have you ever wished you had somewhere to reflect on and explore these sorts of questions?

You may have a friend or confidant with whom you can discuss them, but you may not. Or maybe you wish you had someone with more experience or understanding of the spiritual life.

Perhaps you have felt it would be good to talk to someone about your relationship with God, your prayer and how to recognise God's leading in your life.

Maybe you have wished that there was someone who could listen to you, give you space to talk about your experiences, ponderings and questions. Someone who could help you make more sense of it and help you recognise what is of God in your life. Someone who could 'walk alongside' you on the journey of life and faith. Someone who could help you grow into a deeper realisation of how much God loves you, who could help you discover what it is that God may be calling you to.

THESE PEOPLE DO EXIST!

They are often called spiritual companions, soul friends or spiritual directors. They give people a space to share, reflect and explore, offering perspectives and pointers. This is a confidential supportive relationship, that involves a lot of listening and encouragement, without patronising or judging.

This is something that is available to anyone who, taking their spirituality seriously, feels they could benefit from such a relationship. It is certainly not just for those who are experienced and have a 'good' prayer life!

FINDING A SPIRITUAL ACCOMPANIER/ DIRECTOR

Finding the right person as a spiritual companion can seem a difficult task. Sometimes the right person may already be known to you, sometimes it may seem better to have someone well away from your normal circles. It does need care, but there is help available.

If you would like to take a first step towards finding a spiritual companion, your local parish priest may be able to help.

You may also wish to contact the Diocese of Truro Spiritual Direction referrals team. They know of some of those in Cornwall (and across the Tamar in Devon) who offer spiritual accompaniment.

The Truro Diocesan List of Spiritual Directors is administered by the Revd Janette Mullett, the Bishop of Truro's Adviser for Spirituality and Spiritual Direction. You will find Janette's direct contact information on the next page. She or another member of the diocese's small referrals team can arrange an email exchange, meeting or phone conversation with you to discuss your needs and make suggestions as to whom you can approach.

There are also other ways in which we can find space, support and opportunities for deepening and developing our spiritual lives. Some of these are listed overleaf.



Epiphany House

TRURO DIOCESAN LIST OF SPIRITUAL DIRECTORS

If you are someone offering spiritual accompaniment and are interested in making contact with the Truro Diocesan Spiritual Direction/Accompaniment referrals team, please contact the Revd Janette Mullett (details listed below).

Diocese of Truro

www.trurodiocese.org.uk

The Revd Janette Mullett

Bishop of Truro's Adviser for Spirituality &
Spiritual Direction

E janette@asht.org.uk

For more information about:

- places available for quiet, prayer and retreat
- Quiet Days, local courses and Spirituality events

The Truro Diocesan Spiritual Direction/
Accompaniment referrals team co-
ordinates the Diocesan List of Spiritual
Directors. The List is administered by
the Revd Janette Mullett, the Bishop of
Truro's Adviser for Spirituality and Spiritual
Direction.

please contact Epiphany House, Truro.

Tel: 01872 857953

Email: info@epiphanyhouse.co.uk

Post: Epiphany House, Truro, Cornwall, TR1
3DR

The Retreat Association

www.retreats.org.uk

E info@retreats.org.uk

T 01494 433004

The Retreat Association,
Kerridge House,
42, Woodside Close,
Amersham, Bucks,
HP6 5EF

The Retreat Association publish an annual
listing of places and events for retreat and
quiet all over the country, and beyond.

They can also help in finding courses and
Spiritual Accompaniment.

Their website provides plenty of useful
leaflets and guides.

GET IN CONTACT

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