



## SPIRITUAL DIRECTION NETWORK

OXON

BUCKS

BERKS

### How do enquirers find a Spiritual Director under the new system?

About a year ago, following Barbara Doubtfire's retirement, it was decided that an appropriate way to handle enquirers for a spiritual director, would be for them to consult an 'open' list of directors, (of which there are currently over 70 with vacancies). This would be administered through the STEM department of Diocesan Church House, Oxford. An enquirer would be sent the complete list with contact details and a brief description of what the director offered. The members of the group co-ordinating this who are identified at the beginning of the list could also be consulted to help the enquirer find the right person for them.

This change has generally been accepted well, and over the year Church House has received 135 requests to see the list, people commenting that the list makes the system open to all. Obviously confidentiality prevents us verifying how many of those identified a suitable spiritual director, but informal enquiry has elicited a positive response from the directors themselves as to how the process is working. At the same time they also came up with some ideas as to how the list might be improved—eg the suggestion that directors are listed under geographical areas—and these will be examined over the next few months. We would like to remind those who are currently on the List, but who are not in a position to take new 'directees' for a while, to contact STEM if you would like your name 'hidden'.

The list is just one method of finding a spiritual director. Many, perhaps all, directors are found by their directees from many different sources, and the people on the SPI-DIR list are by no means the only people who offer spiritual direction. It was also suggested that current directors might wish to refer people to other directors on the list

As a note of encouragement, the Bishop of Oxford wrote to say that the work of Spiritual Directors in the Network is, in his view, central both to "sustaining the sacred centre" and to our well-being as a Church'.

We do hope that you will find the information on the courses and other material on this leaflet useful, and we'd be grateful if you would pass this information on to anyone else who might be interested.

If you would like to receive notification of future SPI-DIR events, please email your request to

Andrew.Meynell@oxford.anglican.org, or Andrew Meynell, Pettits House, The Green, Gt Milton, Oxford OX44 7NT.

## SPI-DIR Training 2009

### Supervision of Spiritual Direction

A 3 day training course for experienced spiritual directors wishing to offer supervision of others either as individuals or groups.

The importance of supervision is recognised across a range of disciplines in the interests of developing safe and effective practice.

**Topics will include:** Definitions of supervision; Purpose of supervision; Tasks and skills of supervision; Models of supervision; Ethical issues; Group & individual supervision; Contracting. There will also be opportunities to put skills into practice.

**Venue:** Douai Abbey, Upper Woolhampton, Reading, Berkshire RG7 5TQ  
Tel: 0118 971 5300

**Dates:** Friday—Sunday 20<sup>th</sup>, 21<sup>st</sup>, 22<sup>nd</sup> March 2009 10—5 pm daily

**Cost:** £150 (Clergy and LLMs can apply for a CMD grant for this course).

**Leader:** Lynette Harborne, a spiritual director, therapist, supervisor and trainer.

*For further information and application form contact:*

Lynette Harborne, 25 Elmdale Gardens, Princes Risborough, HP27 0DL  
Tel: 01844 343442 Email: [lynette@innpact.co.uk](mailto:lynette@innpact.co.uk)

**An Introduction to Spiritual Directing—a two year part-time course starting in Autumn 2009** is being offered by the Spirituality Network for Gloucestershire in association with Gloucestershire Churches Together. Six terms of fortnightly Wednesdays plus a residential retreat and a workshop week-end. Held at the Marist Centre in Nympsfield, near Stroud. *Enquiries and application forms available from Judy Bridger (01380 724625)*

### FIVE SPI-DIR NETWORK DAYS 2009

Through their workshop style, the SPI-DIR Network Days offer opportunities for personal development, refreshment and networking with others engaged in accompanying people on their faith journey.

They all take place at **Church House, North Hinksey, Oxford, OX2 0NB** from 10.30 am — 4.00 pm (unless otherwise stated); Coffee from 10.00am. Please bring your own lunch, drinks will be provided

#### 'First Steps with the Enneagram': AN INTRODUCTORY EVENING

**Tuesday 24th March 5.30—7.30 pm**

- The Enneagram introduction session
- helps people find themselves on the circle of nine
- supports them while they begin to appreciate what this means
- encourages deeper understanding both of self and the other eight types

We are offering another introductory evening on Working with the Enneagram, so that more could take advantage of the full day workshop '*Working with Subtypes*'. (see below)

**Leader: Josephine Seccombe** is trained in the narrative tradition of the Enneagram, as a facilitator of each individual's journey.

She is also leading

#### 'Working with Subtypes of the Enneagram'

**Saturday 4th April 2009 10.30 am—4 pm**

- The Enneagram subtypes session
- offers a framework for people to find their lead subtype
- enables better appreciation of what that means for self
- encourages deeper understanding of the differences that arise from the three subtypes

### APPLICATION FORM SPI-DIR DAY COURSES 2008

All Conference days are held at Church House, Oxford  
10.30am – 4.00pm. Coffee from 10.00am

Please bring your own lunch, drinks will be provided

Name(s) (please print): \_\_\_\_\_ Date: \_\_\_\_\_

Address /e-mail: \_\_\_\_\_ Tel: \_\_\_\_\_

I / We require directions: Yes / No\*

I / we\* wish to attend the following day courses:

**\*delete as appropriate**

Dates 2009	Event	Tick the event/s you wish to attend	Cost
Tuesday evening 24th March 5.30 pm -7.30 pm	First Steps with the Enneagram Leader: Josephine Seccombe		£8.00
Saturday 4th April 10.30 am—4 pm	The Enneagram: Working with Sub-types Leader: Josephine Seccombe		£15.00
Thursday 28th May 10.30 am—4 pm	Listening and Observing Leader: Ann Persson		£15
Tuesday 21st July 10.30 am—4 pm	"Dying yet we live"..." Leader Victoria Slater		£15
Saturday 12th September 10.30 am—4 pm	"Dancing into Stillness and Shadow" Leader: Karen Wellman		£15
Saturday 21st November 10.30 am — 4 pm	Shame and Spirituality Leader: Janet Lake		£15

If you wish to claim for a CME grant please contact Ruth Wilson:  
Email: [Ruth.wilson@oxford.anglican.org](mailto:Ruth.wilson@oxford.anglican.org) or Tel: 01865 208252

Bookings can only be accepted if accompanied by payment or a CME grant funding has been approved.

Please return your completed form together with a cheque (made payable to "O.D.B.F.") to:

Spi-dir Administrator, Church House, North Hinksey, Oxford, OX2 0NB

Shame is one of the most afflictive emotions obstructing our spiritual growth. The day will be experiential, exploring together such issues as definitions and causes of shame, how it affects us humanly and spiritually, and the process of healing. It is for anyone wanting to understand better this potentially crippling emotion both in themselves and in their work with others.

**Leader: Janet Lake MBACP (Sen Accred)UKRC:** Janet has been working in the areas of pastoral care, counselling and spiritual accompaniment for many years as tutor, supervisor and practitioner. Her main interest is how the respective insights from the psychotherapeutic and spiritual traditions can be used in our search for wholeness.

**Costs** of each Day Workshops are £15.00; Evening Workshop costs £8 (cheques made payable to "O.D.B.F.")

*Application forms available from [www.oxford.anglican.org/spi-dir/](http://www.oxford.anglican.org/spi-dir/), or from Ruth Wilson, Diocesan Church House, North Hinksey, Oxford OX2 0NB  
Tel: 01865 208252 Email: [ruth.wilson@oxford.anglican.org](mailto:ruth.wilson@oxford.anglican.org)*

## A Word on organisation of the SPI-DIR Network

An ecumenical **HOLDING GROUP** was recently confirmed at a Spi-dir Network Day as an appropriate way of co-ordinating the work of the Network. It meets regularly and its task is to review the development of spiritual direction, to monitor standards and to reflect on the way forward. This Group is constituted of members of the former ecumenical SPI-DIR Network Committee and representatives from the List, Training and Events groups (see below). Matters such as a possible code of practice, insurance, ethical issues and the provision of supervision are also under consideration. The constitution and purpose of this group will be reviewed in 2 years' time.

The **LIST GROUP** has set up procedures for inclusion in and monitoring of a list of spiritual directors; these procedures are regularly reviewed.

The **TRAINING GROUP** addresses the subject of initial and subsequent training and development of directors and supervisors including issues of content, staffing, venues, costing and promotion. It is also exploring how the whole area of spiritual growth might be further encouraged through possible courses in the future. It has recently offered a 4 day refresher course for those already engaged in spiritual direction, and the 6 month course Introductory Course in Spiritual Direction started in January in Wokingham. The 3 day course Supervision of Spiritual Direction is advertised on this leaflet

The **EVENTS GROUP** is addressing the continuing development of Directors by offering occasional days which focus on a specific topic.

Membership is on a voluntary basis. We are grateful that the Diocese of Oxford through its department STEM is providing administrative support, and we are clear that all training and development initiatives and other activities with travelling expenses will continue to be self-funding. The STEM Representative on the groups is Olivia Graham.

"Holding" Group  
Anne Bowker  
Olivia Graham  
Lynette Harborne  
Alison Hassall  
Anthony Lury  
Chris Moxley  
Jennifer Wates

"List" Group  
Lynette Harborne  
Alison Hassall  
Andrew Meynell  
Andrew McKearney

"Training" Group  
Anne Bowker  
Olivia Graham  
Lynette Harborne  
Alison Hassall  
Anthony Lury  
Chris Moxley  
Mary Stephen

"Events" Group  
Jane Booth  
Anne Bowker  
Olivia Graham  
Andrew Meynell  
Jennifer Wates

Using panel interviews, attention practice and group breakouts, this workshop will show how self-observation, linked with contemplative method, can help us relax the suffering associated with our Enneagram type. You can participate in this day if you have previously completed an introductory session. Or if you already know your Enneagram type. Numbers limited to 20.

**Leader: Josephine Seccombe** is trained in the narrative tradition of the Enneagram, as a facilitator of each individual's journey.

### 'Listening and Observing'

**Thursday 28th May 10.30 am—4 pm**

Learning to be sensitive to both verbal and non-verbal communication offers a way of understanding the directee. This will be an interactive workshop to improve skills in both these areas. You will be working in pairs or small groups on a variety of listening/observing exercises and there will be opportunities for group discussion.

**Leader: Ann Persson.** Ann, with her husband Paul, used their former home at Highmoor Hall as a place of retreat and creativity. Ann enjoys combining her love of nature and her love of God's word in leading Quiet Days, mainly for BRF. She is also a Spiritual Director.

### 'Dying yet we live:

#### Spiritual Accompaniment of the dying and what it can teach us about living'

**Tuesday 21st July 10.30 am—4 pm**

Few of us take time to reflect on our own mortality yet encountering death and dying can be the source of great richness and spiritual growth. This day will provide a space where we can reflect on some of the questions that dying raises for all of us and which can take us to the heart of what it means to be fully alive. The day will be interactive offering a mixture of input, space for personal reflection and group interaction designed to enable exploration of some of the meanings that death and dying might hold for our lives both personally and in how we accompany others on their life journey.

**Leader: Victoria Slater** has worked in Health Care Chaplaincy for the past twenty years. She was Chaplain to Sir Michael Sobell House for eleven years where her work focused on accompanying the dying and their carers, education in spiritual care and staff support. She has worked as a Consultant in Spiritual Care and as the Spiritual Care Coordinator for North London Multi Faith Hospice and offers workshops and education in the area of spiritual care and spirituality. She is trained in counselling, coaching and spiritual direction.

### 'If you can walk you can dance'

**Saturday 12th September 10.30 am—4 pm**

**Leader: Karen Wellman** finds physical movement a powerful way of praying; of entering into stillness with God, whilst living in the midst of a very word based culture. On this workshop day she will lead us into a number of circle dances.— Don't worry, African wisdom has it that if you can walk you can dance; if your heart beats you've got rhythm. Karen will help us explore how we can pray through our bodies. The day will include some reflection on how this could feed our practice as accompaniers.

Karen is an authorised lay preacher from Wokingham in Berkshire and a trained circle dance teacher and really enjoys teaching dance to people, even those with two left feet. Circle dance is based on European Community dances which are simple and repetitive and designed so that everyone, young and old, can take part.

### Shame and Spirituality

**Saturday 21st November 10.30 am—4 pm**

"Shame is felt as an inner torment, a sickness of the soul—a wound felt from the inside, dividing us both from ourselves and from one another" (*Gershen Kaufman*)