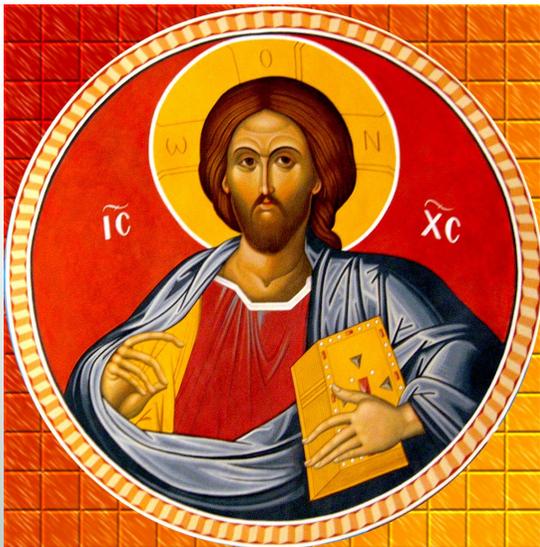


How can you find out more about Training as a Spiritual Director?

If you would like to know more about training as a Spiritual Director please visit [www.spiritualdirectionaylesford.co.uk](http://www.spiritualdirectionaylesford.co.uk) or email: [tpsdaylesford@gmail.com](mailto:tpsdaylesford@gmail.com)



Ecumenical Training Programme in Spiritual Direction at Aylesford Priory



The Friars, Aylesford,  
Kent ME20 7BX

Sharing the Journey  
of Faith

## What is Spiritual Direction?

Spiritual Direction or Spiritual Accompaniment, offers an opportunity to deepen your own unique relationship with God.

A spiritual director accompanies others as they reflect on their life and experience and encourages them to listen more deeply to their thoughts, feelings and desires in a prayerful atmosphere, so as to discover within them the guidance of the Holy Spirit.



Spiritual directors encourage those they accompany to find ways of prayer that work well within every-day life. They may also provide help for those who are working through important life choices.

## Who are Spiritual Directors?

Those who train as spiritual directors follow what they sense is a call from God to accompany others on the journey of faith. They come from all walks of life: women and men, lay and ordained.

- Do you have a mature Christian faith?
- Are you a compassionate listener?
- Are you able to be non-judgemental and open to work with those whose journey of faith may be different from your own?
- Are you able to respect confidentiality?
- Are you open to learn and share with others?
- Do you have time for prayer and study?

Some people join the training programme feeling sure they wish to be a spiritual director. Others may still be exploring, but recognise the value of the programme for their existing ministry

## Ecumenical Training at Aylesford

The Aylesford programme teaches both the theory and practice of Spiritual Direction, developing your knowledge and offering a supportive environment where you learn through giving and receiving Accompaniment.



This one year course runs each year from September until July.

This programme is sponsored by the Carmelite community. It follows on from the Franciscan Spiritual Direction Programme which ran for many years at FISC Canterbury.