

## MEMBERS OF THE SDG

Members of the SDG come from diverse backgrounds and have a wide range of interests in spirituality including charismatic, Ignatian, Justice and Peace and young people.

Gill Hughes  
Paul Inwood  
Teresa Keogh  
Fr Paul King (Convenor)  
Evelyne Maloret  
John McCormick  
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## ABOUT THE SDG

The Spirituality Development Group forms part of the Portsmouth Diocesan Department for Pastoral Formation which is headed by Nicky Stevens.

It seeks to be open to the diversity of ways of praying into which the Holy Spirit leads us and has so far been in

- ✦ Prayer Workshops
- ✦ Days of Recollection
- ✦ Open Door Retreats
- ✦ Weeks of Guided Prayer
- ✦ Taster days for prospective Spiritual Directors
- ✦ Engaging with Prayer Groups
- ✦ Taizé and Iona-style prayer

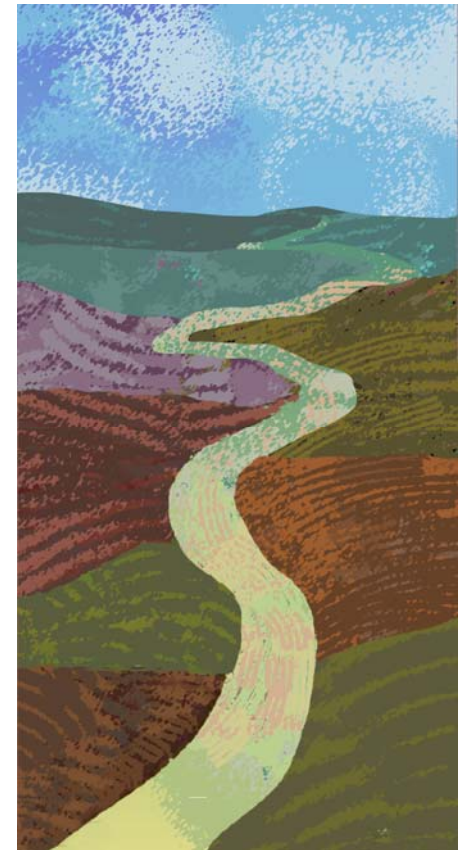
The Group has set up a network of people within Pastoral Areas and parishes to help in the process of discovering the needs of communities and to discover the resources which already exist and which could become more widely available.



## Diocese of Portsmouth



# SPIRITUALITY DEVELOPMENT GROUP



## PRAYER WORKSHOPS

The members of the Spirituality Development Group, sometimes augmented by others, have run Prayer Workshops or Short Courses in parishes in the Diocese.

These are always tailored to the particular requirements of the individual community and are based on the belief that it is more helpful to practice praying than to talk about it,

Members of the Group are able to:

- ✦ Contribute evenings on Prayer as part of a series of talks.
- ✦ Lead a short 'School of Prayer' over three or four evenings. These usually combine a talk on an aspect of prayer to the whole group, followed by a time to experience various ways of praying in smaller groups.
- ✦ Offer a flexible programme spread over a longer period of time, responding to local need.



## WEEKS OF ACCOMPANIED PRAYER

A Week of Accompanied Prayer is a popular form of in-parish retreat, through which many people have discovered a new depth and reality in their prayer.

It is suitable for people at every stage in their life, who have a desire for God and wish to deepen that relationship.

The heart of a Week of Accompanied Prayer is a daily commitment to prayer by participants, and a time of individual prayer-guidance/ spiritual direction for five days.

Other variants of accompanied prayer include meetings with a guide over a period of weeks.



## SPIRITUAL DIRECTION

A Spiritual Director does not, in fact, direct or tell you what to do but is there primarily to listen—and to help you to discover what God is doing through your prayer and the events of your life. The relationship between a Director and Directee is unique and can take a while to develop.

The Spirituality Development Group has compiled a list of people in the Diocese—and a few from other areas—who have had training and experience in Spiritual Direction and Prayer Guiding.

Members of the Group are happy to be contacted by people seeking more information.



## TRAINING

All Christians are called to prayer.

Some are also drawn to the ministry of individual spiritual direction— one Christian ministry among others.

There are a number of courses to enhance people's gifts in this area. The SDG has run prayer guide training and 'taster days' to help with discernment for those who think this ministry might be for them.