

Spiritual Direction

– Introduction and Overview

Spiritual direction provides a prayerful space for you to articulate, discern, savour and integrate the activity of the Spirit in your life.

My role in this art of spiritual direction is one of companionship – prayerfully listening to you, attentive to the activity and presence of the Holy Spirit in your life. It is a contemplative space – attentive, receptive and graceful in manner; and holding a deep confidence that God is present with us in our times together.

Roles and assumptions

An underlying assumption in spiritual direction is that God is present and active in the reality of our daily lives. Slowing down, reflecting and gracefully paying attention, enables us to become aware of the numerous ways we experience the activity and presence of God. This reflection involves us engaging all our human faculties: intuition, emotion, imagination, senses, and intellect. As we do this, there tends to be an interplay between our self-awareness and our understanding of God. This mutual knowing is a significant part of our spiritual growth in intimacy, transformation and intentional living.

The focus of my attention is on your spiritual experience. I seek to do this by listening with you for the activity of God in your life; in this sense it is a process of co-discernment. So, our conversation will have space to reflect and articulate: emotions, hopes and desires, crisis points, suffering, doubts, joy, delight, growth, celebration and fresh insights. The purpose in this is not to analyse or solve, but rather, for you to be able to notice, discern and respond to God's activity and presence.

Practicalities

Following an initial (free) introductory session, we can work out a frequency of meeting that fits your schedule and means. I tend to meet with directees for an hour every four to six weeks. My hope is that we can find a way to meet which takes into account your current circumstances.

To begin with, I suggest we meet monthly for three sessions. At the end of that time we can check how you are finding the process and whether to continue. We can also periodically evaluate the fruitfulness of the process and you are free to stop at anytime. If there is need to cancel or reschedule a session, please let me know of 24 hours in advance.

Spirituality, like air, is of course freely received as gift. Yet, offering long term spiritual direction does involve commitments of time, reflection, supervision, and on going formation. And so, there is a cost. I offer a sliding scale fee of £35 - £55 for each one hour session; I invite you to choose an amount on that scale that fits your current. If you are in a time of particular need, please do reach out to me to discuss further reduced costs.

Confidentiality

Our conversations are always confidential. You're free to tell others what you will, but I will guard what you share in our times together. There are two caveats to this. As part of good professional practice, I receive supervision on my spiritual direction practice. I periodically submit cases to my supervisor whilst protecting the anonymity of those in the conversation. It's also important to highlight the legal requirement to report: crimes committed and cases of abuse, harm to self or harm others. If a safeguarding concern is mentioned in our times together, we will need to find a way to take that part of the conversation into the appropriate context.

End notes

I am one of many spiritual directors around the world. Do consider what you are looking for in a spiritual director. It's important you feel able to share freely in your times of spiritual direction. If you have any specific questions about me and my work as a spiritual director – do ask.

Spiritual direction can be found in many faiths and religions. My training has been within the context of the Christian tradition – with its source found in Jesus. My spirituality is Christ-centred and indebted to influences both ancient and contemporary. With that said, in spiritual direction we start where you are and there is space to explore how you are being drawn onward. Matters of belief and faith might be deeply meaningful to you, or they may come with all sorts of baggage. Your faith maybe seasoned or burgeoning; you may feel like you're thriving or falling apart. It's ok – *you are welcome*.

Jonny Norridge

jonnynorridge@gmail.com

www.contemplativespace.com

What to expect of your spiritual director

You can expect your director to intentionally foster their own relationship with God and self-care.

You can expect your director to be on time and prepared for your times together.

You can expect your director to be attentive with you to the promptings and movements of God movement in your life.

You can expect your director to hold the conversations in confidence (see the notes on confidentiality above).

Practical tips on preparing for spiritual direction

To make the most of spiritual direction sessions the following suggestions are recommended:

Think of the session as a sacred time to meet with God (that will be your directors desire also).

Find a quiet, comfortable place to meet where you won't be disturbed and where you can be still.

Eliminate distractions! The giving of your full attention to the session will play a significant role in what you get out of it. So please do all you can to minimise distractions, e.g. turn off device notifications, let others know you are in a meeting; and if meeting online please avoid multi-tasking during a session (messaging, walking, eating etc.)

Be intentional with arriving to a session feeling unhurried. Consider giving yourself some 'margin' before and after the session (time relax, reflect, quieting your spirit and body).

Preceding the session you may want to review your journal or reflect on the past month as a springboard to the conversation.

You are welcome to bring a journal or notebook to jot down things for further reflection.

If you need to cancel or reschedule an appointment, please give 24 hours notice.

Payment details

Payment details –UK

Account holder: Jonathan Peter Norridge
Sort Code: 08-92-86
Account Number: 06365891

For Credit Cards, Apple Pay or Google Pay use:
<https://settleup.starlingbank.com/jonathannorridge>

Payment details – International

Here are the account details for Wise which can receive multiple international currencies (Swift, ACH wire transfers)

EURO – within EU & SEPA

Account holder: Jonny Norridge
IBAN: BE19 9056 5153 0112
Swift/BIC: TRWIBEB1XXX
Account number: 6515301
Bank name and address: Wise, Rue du Trône 100, 3rd floor, Brussels, 1050 Belgium

CHF – Swiss Franc

Account holder: Jonny Norridge
IBAN: GB71 TRWI 6084 6415 8270 51
Swift/BIC: TRWIGB2LXXX
Bank name and address: Wise Payments Limited, Worship Square, 65 Clifton Street, London, EC2A 4JE, United Kingdom

US Dollars

Account holder: Jonny Norridge
Account number: 602689302685408
Account type: Checking
Routing number: 084009519
Bank name and address: Column National Association
108 W 13th St, Wilmington, DE 19801, United States