



“The gift of being a good listener, a gift which requires constant practice, is perhaps the most healing gift anyone can possess, for it allows the other to be, enfolds them in a safe space, does not judge or advise them; accepts them as they are without desiring to change them; and communicates support at a level deeper than words.”
(Gerard Hughes)

Our Father and Mother,
Perfect Love,
in You we live and move
and have our being.

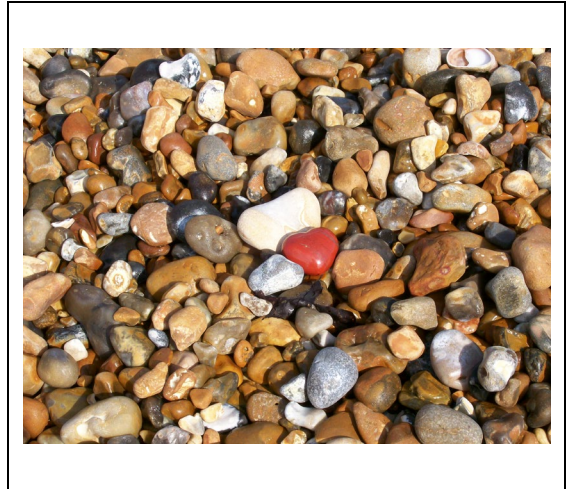
Reign in us.
Guide us gently;
help us to love,
so that we do Your will
and fulfil our calling.

Nourish us this day
with awareness of Your Presence.
Be our vision;
help us to look on one another
with kindness and mercy,
as you look on us.

Let us not fall into temptation
and think or act apart from You.
Strengthen our trust in You.
Keep us from fear
and from whatever would harm us.

For You are with us always
and Your Love
has no limit or end.

SPIRITUAL ACCOMPANIMENT



“Take heed, dear Friends, to the promptings of love and truth in your hearts. Trust them as the leadings of God whose Light shows us our darkness and brings us to new life.”
(Quaker Advices and queries #1)

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What is Spiritual Accompaniment?

Spiritual accompaniment provides an opportunity to explore some of life's biggest questions in a safe space. "What makes me feel most alive?"; "What is my heart calling me to now?"; "How can I meet life's challenges with compassion and peace?"; "What might it look like to live as my most authentic self, and what might be getting in the way?"; "Who am I, at the core of my being?"

Each person is unique and each of us has our own gift to share with the world. In spiritual accompaniment, you reflect deeply on the experience of your daily life. A spiritual accompanier's role is to listen with acceptance, to affirm and encourage, and to ask questions to help *you* to get in touch with your own answers within...

You may be part of a faith community, but be struggling with some of the doctrines, perhaps finding that they no longer resonate with you as they once did. You may be exploring different spiritualities and practices, for example, meditation. You may or may not be comfortable with words like 'God'. Spiritual accompaniment begins from where you are now, and helps you navigate to where you would like to be, in terms of your faith. There is no single path which is right for everyone, but there *is* a path which is right for you – and spiritual accompaniment can help you to find that path.

What will it look like?

Spiritual accompaniment provides an opportunity to reflect on your spiritual journey and to discern where God, or Love, or Life, may be calling you.

You may come to spiritual accompaniment for a variety of reasons:

- To explore questions of faith and doubt in a safe environment.
- To integrate spirituality into your daily life.
- To understand your situation and make choices.
- To share your hopes, struggles and losses.
- To help discern the promptings of Love and Truth in your heart.
- To understand and recognise your call to live out your faith in the world.

The privilege and responsibility of a Spiritual Accompanier is to journey with you as you deepen your relationship with God/Spirit/Essence.

What is shared is held in confidence.

Sessions typically take place every 4-6 weeks and last for 1 hour. They can be held either on-line or in person, at a mutually convenient time. I make no charge for sessions.

Who Am I?



Peter M. Parr

I have been on a spiritual journey for over 20 years and have come to know, from my own experience, that "No branch can bear fruit unless it remains in the Vine". For me, faith and practice are inseparable. Periods of stillness form a core part of my spiritual practice; and I seek, then, to bring an awareness of the Presence of God, Who is Love, into the busyness of each day.

I am a Quaker and a student of *A Course in Miracles*.

I am in my third and final year of spiritual accompaniment training at the London Centre for Spiritual Direction.