

Around the diocese

Sister Rachel takes up spirituality adviser role

Bishop Donald recently asked Sister Rachel, a solitary religious living in Peterborough, to take on the role of Diocesan Adviser for Spirituality. Here she introduces herself and what she can offer to individuals and churches.

I qualified in medicine before I became a sister and lived within a religious community for 23 years. During that time I worked in both general practice and psychiatry. Within the community I was responsible for music and liturgy. I now live alone under life vows, according to a Rule of Life, and am accountable to the Bishop of Peterborough.



been called spiritual direction (or accompaniment) where one Christian meets with another to listen to them and their experiences, and help them grow in awareness of God, and of how the Holy Spirit is moving in their life. The real "director" is always the Holy Spirit.

One of my first steps as Adviser for Spirituality will be to set up a network of spiritual directors in the diocese, supported by training, supervision and teaching about different ways of prayer and forms of spirituality.

I would be glad to hear from anyone (clergy or laity) who is already engaged in a ministry of accompanying others in this way, or from anyone who might feel drawn to the ministry. If you would like to explore spiritual direction, or are wondering about how to find a spiritual director for yourself, do please contact me.

Over the years I have been involved in spiritual direction, leading retreats and quiet days and teaching groups about prayer and spirituality. I have worked with just about every type of group, from leaping around with children on parish missions, to a perhaps more sedate preaching to the Mother's Union. So either as an individual or a group, please make use of me!

You can contact me via my website www.anchorhold.co.uk

My pattern of life is based around a daily framework of prayer and worship. I have a small chapel where I live, and here I recite the monastic offices up to five times a day. I spend time in both silence and solitude, but I also have to work to generate a small income. The ideal is to maintain a balance between prayer, work and recreation.

Spirituality is about developing our awareness of God, and letting that growing awareness inform and shape our life. In practice, this requires us to establish a pattern of prayer, and to learn about how we relate to ourselves and to the world around us: how we take our place within the Church, humanity and creation.

Learning about different ways of praying can be helpful in this journey, as can quiet days and sometimes retreats and guided prayer weeks. From the earliest days of the Church, there has been a tradition of what has