

Gloucestershire Spiritual Direction Trust –

Report to the Charity Commission regarding the work of the Trust throughout 2024 and plans for 2025.

- **A Companion's Way:** 2024 was the first year of Course M – and all 15 participants have all continued into year 2.

We have started to recruit applicants for Course N. Again there were a few glitches with the website application process, but these were speedily resolved – the course details and application form are now on the website for downloading – so please encourage anyone you think might be interested to come and see. The cost has increased slightly to £475 per semester (4 semesters in total). And we hope to enrol 18 participants this time. There has been tremendous support from previous participants, with administration, leading prayer and teaching sessions, for which the team is grateful, especially as the team is down from 5 to 4 facilitators at present.

Siobhan and Jo Joy gave especial thanks to Caroline Gilderdale and Ann Bulley who have been such a support coping with administration and also delivering some session, and also to David Vonberg who delivered sessions.

Joe Neary also asked for help from anyone who feels they could offer support either in this way or by observing practical session

- **The Directory**

- All members of the old list have now responded – and new Directory refreshed.
- We have 80 members registered on the Directory – 40 have completed the new application form and provided a bio and have availability.
- 40 want to be on the mail only list at present – about half of this group have retired or are in the process of winding down their ministry, but want to keep in touch. The other half have either temporarily stopped directing or have no availability at present. The majority of these have not completed the new application form, or provided a bio – but if they become available, will be required to fill them in.
- About 20 of those 40 who have responded to the new application form and bio are willing to have their bios uploaded to the new website. Others are a definite 'no' – several wanting to wait and see how it works.
- The next challenge for 2025: we need to work out a system for listing those not on the website so that enquirers have access to their ministry too.

- **Directory of Supervisors**

The present:

The supervisors group currently has 13 people actively involved in supervision of whom: 11 are female, 2 are male, comprising 7 clergy and 6 lay people. Between them the group brings 73.5 years' experience to this privileged work of supporting spiritual directors.

Looking back to 2024:

1. This year there was an opportunity for supervisors to meet informally on 22nd July which involved:

a) brief individual comment on where people were: - Geographically and 'Existentially'

b) Thinking creatively: 'what garden implement or tool would best describe your style of and approach to supervision?' Feedback included the following items: - String, Hoe, Watering can, Small fork, Secateurs and Sieve

c) A contemplative reflection from 'Pastoral Supervision Revisited and Revisioned' by Michael Paterson on the theme of "the question is not how to survive but how to thrive with passion, compassion, humour and style" taken from Maya Angelou's writing.

d) A general tracking of our work concerning numbers (1:1 and/or groups), capacity, and whether supervision-on-supervision was in place for everyone.

e) Lynda Fisher and Ann Morris offered feedback from a recent Trust meeting concerning peer group supervision and the trustee's clear preference for people to seek 1:1 or supervisor-led supervision in groups wherever possible.

2. The continuing growth and development of supervisors has been a priority this year and I am delighted to report that a three session programme led by Antonia Lynn and Maria Manuela Silva from the London Centre for Spiritual Direction was held on 12th October, 23rd November and 7th December attended by 15 participants.

The learning focused on:

- What is Supervision?

Sharing Our experience of Supervision

Breakout activities

Models of Supervision

The Five Elements of Supervision

Models of Supervision

The Seven-Eyed Supervisor

- The nature of group supervision

The tasks of a supervision group

The dynamic of a session and the role of the supervisor

- Experiential work in triads

Each participant was awarded a certificate of completion from the London Centre

Looking forward to 2025:

Plans are under way to hold an informal meeting in June and a continuing development event in October with details to be publicised.

Events

Looking back on the events of last year, the Trustees recognise the vast contributions which so many people make to running the Trust and to ensure that we adhere to the principle objectives of the Trust which in simple terms are providing a Course of training for potential spiritual directors, providing on-going support and training to established spiritual directors and providing a means of enquirers to link with spiritual directors.

2024 month by month

February saw the start of the Ecumenical opportunities for Contemplative prayer which has proved to be a valued monthly opportunity exploring particularly Centering Prayer. Those attending have felt a deep sense of God's presence and connectedness with one another.

April - Budget planning took place followed by our 4th AGM to which Ian Spencer provided meaningful insight into the place of yoga in Christian spirituality.

May – start of the new Course M.

June – was the opportunity for all ECSD members to meet on zoom and consider how best to take forward the linking of Enquirers with Spiritual Directors. Some notable to attend gave some valuable contributions too.

July – approximately 20 people attended the Safeguarding Course arranged with the Diocese of Gloucestershire's Safeguarding Trainer. This was received very well with lots of positive feedback. One of our Trustees providing a well attended and appreciated Quiet Day for clergy in the Forest of Dean.

August – time for a break.

September – three of us met on zoom with any spiritual directors interested in either becoming or refreshing their supervision skills providing a Q&A of our own experience of being supervised and supervising. You will have seen from Chris Mason's Supervision report that this was followed by a Course provided by LCSD at a considerably reduced cost. We started the process of sending out new application forms for ECSD to submit with their bios. This process continued until February 2025.

October – submission of our Trust report including financial reports to the Charity Commission which is required annually. This was an interesting experience as they had changed the format of the submission, and their online system was repeatedly offline. However, we managed to submit by the deadline – just. In addition, we have a new contact within the Diocese of Gloucestershire, Kate Stacey, who has agreed to be the representative Trustee. We also have had enquires about the best way to manage linking people, requests for reference for spiritual directors moving to other networks. We had 46 people seeking a spiritual director in 2024.

Moving forward to 2025, we finalised the new Directory, we have a Safeguarding Course booked for 18th June, and we are in the process of developing our websites. both that of A Companions Way and the Trust. We are committed to reviewing our Guidelines and other relevant policies.

2. Trustee resignations and vacancies

- Resignation – Ian Spencer 22nd March 2025
- Appointment: Kate Stacey as the Representative of the Diocese of Gloucestershire – as the representative, we did not need to propose and second her to the Trustee Body.

Report approved by the Trustees

Siobhan Smith, Ann Morris, Anne Solomon, Rosie Halford, David Vonberg, Kate Stacey, Lynda Fisher

Date: 10th July 2025

GLOUCESTERSHIRE SPIRITUAL DIRECTION TRUST - ACCOUNTS 2024 - Balance Sheet

Opening Balance	£15,708.52	
Plus Excess	£1,086.82	
		£16,795.34
Balanced by:		
GISD - Lloy	£0.00	
Trust Co-op	£16,795.34	
	£17,050.84	agrees with bank statement
	- 255.50	paid 30/12/2024
	<u>16,795.34</u>	this agrees with bank statement

Sheet

ement 27 th December 2024

account

Course M Year 1

Fee Income

Costs

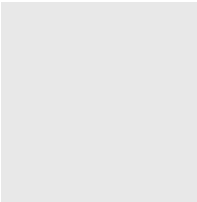
12,775.00 - 14,103.18

Website/	Zoom	Retreats

Allocation of Costs

- 289.80 - 155.88 -11,495.00

Workshop	Visiting Tutors	Facilitator/admin Expenses - Travel/printing	Honorarium	Total costs
- 290.00	- 50.00	- 622.50	- 1,200.00	-14,103.18



Date	Ref no	GISD Lloyds	Bank statement
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GLOUCESTERSHIRE SPIRITUAL DIRECTION TRUST - ACC

opening balance co op

Opening balance

11.05

from lloyds

- 11.05

trf from lloyds

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1/9/2024

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4a

Holland House

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Holy Apostles PCC

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7a

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	12/23/2024	29a
	12/30/2024	30a

<u>Totals</u>	<u>-</u>	<u>-</u>
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Balance at Bank 31/12/2024	-
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Bank Accounts	
Reconciliation	Co-op

Opening Balance 01/01/2024	15,697.47	
Transfers		
Expenses paid	- 12,799.68	
Income received	14,153.05	
Closing Balance	17,050.84	as last bank :
expenses pd 30/12/2024	- <u>255.50</u>	No Bank Stat
	<u>16,795.34</u>	C/F to 2025

Lloyds

Opening Balance	11.05	
Expenses Paid	- 11.05	
Income Received		
Closing Balance	-	C/F to 2025
CIO Report - 2024 added value to Trust of £		Income less

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425.00	semester 1 fees
39.41	semester 1 expenses
150.00	Brownhill Monastery 20 participants less depos
200.00	semester 1 Honorarium
263.50	semester 1 exp/honorarium
120.00	INV 6358-website upkeep 08/24-01/25
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155.88	zoom 07/24 to 07/25 for ACW
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	50.00	Dobbies gift card for expenses - speaker
10.00		annual subs
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	54.00	expenses supervision for course
425.00		semester 2
850.00		semester 2 and 3
10.00		annual subs
	39.60	expenses supervision for course
	32.90	expenses supervision for course
	42.00	refund overpayment received
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10.00		annual subs
	42.30	expenses semester 2
	345.50	Semester 2 and Honararium
	255.50	semester 1 and honararium

14,153.05

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***Break down by Department
Administration***

Income
Expenses

ECSD
Income
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statement
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A Companion's Way
Income
Expenses

expenditure

Admin	website	ECSD	Course M income	Course M expense:
		11.05		
	60.00			
	120.00			
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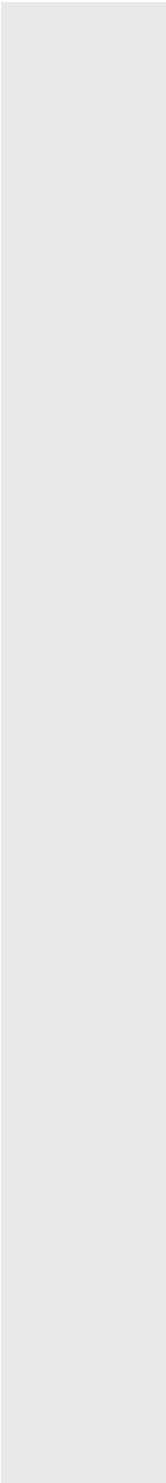
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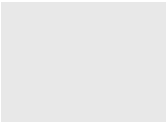
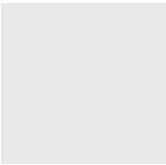
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770.00		530.00

total
for balance sheet