

## Helier Exon – Diocesan Adviser in Spiritual Direction (Dorset)

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My name is Helier Exon and I am a retired priest living in rural Dorset. I have been engaged in the ministry of spiritual direction for over twenty years and have been a supervisor for about fifteen years. I started my working life in the armed forces and during that time trained as a Reader.

When I left the services I joined a management consultancy firm where I worked on several defence related projects for ten years during the last three of which I trained for ordination with STETS and was ordained in 1999. I took early retirement in 2000 and served as a self-supporting minister until 2014 in a number of parishes in central Dorset.

I undertook a course in spiritual direction at Glastonbury and at the end of the course was invited to become an assistant tutor and then a full tutor on the course which met at Abbey House and subsequently at Bishopsdown in Bristol. I have also been a tutor on a pilot course at Longmead in Dorset. I trained as a supervisor at Douai Abbey in Berkshire with the Berks, Bucks and Oxon SPIDIR.

I believe that the ministry of spiritual direction is a ministry to which anyone, lay, religious or clerical may be called and which should be nurtured by supervision, fellowship and training but which is essentially a practical ministry which should serve all.



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