



Spiritual Conversation Method

ENGAGING WITH THE SYNODAL VISION
FOR THE DIOCESE OF HEXHAM & NEWCASTLE

A Guide for Communities

In preparation before you begin

What do you feel about these questions? What are your responses? In your thinking and feeling, what is from God and what might be coming from your own agenda? God works through our experiences to teach and form us, but sometimes we can become stuck in our thinking. Ask the Holy Spirit to show you what is truly from God that is to be shared.

Some tips to remember

You are aiming to listen to the Holy Spirit through one another; therefore, assume the Holy Spirit is with you and wants to speak.

- Speak from your own experience and try to look beyond your own agenda - give it to Christ.
- When listening, do not concern yourself with what you are going to say when it is your turn.
- Aim to listen without problem-solving.

Be aware of how the different voices sharing are affecting you. Are you moved? Encouraged? Discouraged?

Follow the three rounds of Spiritual Conversation guidance.

What feels like the logical next step to take forward from what has been shared here?

Conversation in the Spirit

Begin with a few moments of silence to allow ourselves to ponder the question.

1 First round of conversation:
Each person has a chance to speak. There is no discussion in this round, and there is a time of silence to allow for reflection.

2 Second round of conversation:
Share what struck you most or what resonated for you in the first round and what moved you during the time of silence. Once again this is followed by a pause for reflection.

3 Third round of conversation:
Finally in the third round participants reflect on what moved them most deeply. What new insights arise? What are the common themes or fruits of the conversation?

How shall we be together?

- Listening to the views of others
- Encouraging everyone to speak
- Being aware of your own ‘air-time’ – keep contributions brief and to the point
- Remain curious – don’t dismiss views that you don’t agree with but get curious as to why people hold those views.
- Keeping confidentiality. The conversation should feel like a safe place for people to be able to express their views.
- Being aware of time.



“Encounter and listening are not ends in themselves, leaving everything just as it was before. On the contrary, whenever we enter into dialogue, we allow ourselves to be challenged, to advance on a journey. And in the end, we are no longer the same; we are changed.”

Pope Francis, Homily for the Opening of the Synod Path