

In the One in whom we live . . . and move . . . and have our being

What is Spiritual Direction?

Spiritual Direction is a way of keeping your life focused on discovering or deepening your awareness of God's presence. Following this early Christian practice, you meet once a month with a director who provides support and guidance. To grow spiritually is to grow in accepting the Good News of God's unconditional love for you, total forgiveness of you and faithfulness to you, and to follow the command that you love yourself and others in response to this extraordinary revelation of the Gospels. Spiritual Direction is about the Holy Spirit's call and action in your life.



Who are these Directors/Guides?



Women and men, single, married, clergy, and members of religious communities who consciously live their own spiritual journeys and receive direction for themselves. Each director has studied the art and skill of direction and practiced it under the supervision of an experienced director. Most receive training in a spirituality center rooted in Catholic theology. While developed in the early centuries of Christianity, spiritual direction is open to a member of any denomination. It is also open to the un-churched seeking their own spiritual path.

What happens in a Spiritual Direction Session?

As you speak of the special circumstances of your life, your thoughts about spiritual matters, your ways of praying, the challenges and rewards of your on-going following of Jesus, the director listens, questions, challenges and affirms you in a way that helps you to better understand yourself and your particular path in life.

The director may offer suggestions, but does not tell you what to do. The spiritual direction process helps you to discover answers already in yourself.

The director knows that each person is unique and understands that the Holy Spirit is working in you as an individual. Everything spoken in a spiritual direction session is confidential.

What is the Cost of these Sessions?

Stipends to the director vary from about \$25 to \$60.00. Some directors have a sliding scale depending on a person's financial circumstances. No one who desires spiritual direction should forfeit it for lack of money. Something can usually be arranged.

