

Spiritual Direction

Spirit is a natural dimension of every person. Within each of us dwells the desire to find meaning beyond the moment...to discover our true selves... to grow closer to God and to one another.

The word spirituality describes an awareness of relationships with all creation, an appreciation of presence and purpose that includes a sense of meaning. Spirituality is the way one finds meaning, purpose, hope, comfort and inner peace in life. Spirituality demonstrates that persons are not merely physical bodies that require mechanical care. Persons find that their spirituality helps them maintain health and cope with illnesses, traumas, losses and life transitions by integrating body, mind and spirit.

What is Spiritual Direction?

Spiritual direction is an exploration process that focuses on the spiritual life of a person. Whether you attend a church, mosque, synagogue, temple, or none of these, a spiritual director can assist you in finding meaning and purpose in your life by exploring your personal values, beliefs and experience of, or lack of experience of, a relationship with God, as you understand God to be. Spiritual directors are persons trained and certified in a ministry of companioning another. They have training in various faith traditions and human development. They listen to your heart and soul as you tell your own story and help you discover how God has been a part of your everyday life experience.

You explore your spiritual journey in a confidential, nonjudgmental, supportive environment one-to-one. The *Spirit* is the true director. The *Spirit* works with the listening heart, soul and ears of the director and the Spirit is at work in your life.

Spiritual direction invites a deeper relationship with the spiritual aspect of being human. Spiritual direction is not psychotherapy, counseling, or financial planning.

Sometimes life circumstances can cause us to question our faith and/or our purpose in life:

- How can my faith I grew up with sustain my current situation?
- Has the stress in your life cut you off from relationships and God?
- Are you wondering how to make peace with an illness, an upcoming surgery or drug treatment you may be facing?
- Are you wondering how your spiritual beliefs and practices are part of your health care plan?
- Is it time to put your affairs in order and say good bye in a meaningful way?
- Are you a care-giver and needing care and support yourself?