

WHO CAN I CONTACT?

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General questions about spiritual
direction at STA and SJSC
can be made to:

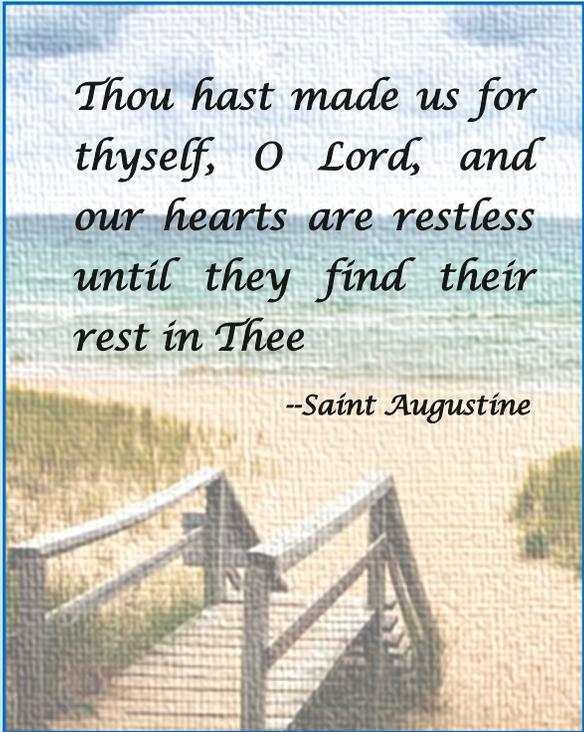
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*The names of spiritual directors are
provided as a service to readers, and
must not be construed as an endorsement
or a recommendation.*

St. Thomas Aquinas And St. John Church
955 Alton Rd.
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*All you ever
wanted to know about....*

Spiritual Direction



*Thou hast made us for
thyself, O Lord, and
our hearts are restless
until they find their
rest in Thee*

--Saint Augustine

WHAT IS SPIRITUAL DIRECTION?

Christian spiritual direction is help given by one Christian to another which enables that person:

to pay attention to God's personal communication to him or her,

to respond to the personal communicating God,

to grow in intimacy with God, and

to live out the mission of this relationship.

A spiritual director is most interested in what happens when the person, the directee, consciously attempts to relate to God. The director is interested in the whole person, but particularly in the prayer experiences where the directee has been attuned to the God who desires to communicate with him/her.

Contemplation and personal reflection bring this communication to awareness.

Articulating and clarifying these experiences with a spiritual director assists the directee to notice even more about their conscious relationship with God.

Direction offers a safe, non-judgmental place of welcome for the directee where his/her experiences are taken seriously.

WHY DO PERSONS SEEK DIRECTION?

- ♦ If you are experiencing a new sense of God in your life...
- ♦ If you are feeling distant from God...
- ♦ If you are facing an important decision or making a discernment...
- ♦ If you are desiring to deepen your relationship with God...
- ♦ If you are facing a change or transition in your life...
- ♦ If you are feeling fragmented, disjointed, out-of-touch, fearful, angry...
- ♦ If you are overly involved or find yourself disinterested...
- ♦ If you are involved in ministry within the Church
- ♦ If your ministry is more burdensome than life-giving...

...then individual spiritual direction may be something for you to seriously consider.

WHAT TO LOOK FOR IN A SPIRITUAL DIRECTOR

Spiritual direction has a long and respected tradition in the history of Christianity. The desert fathers and mothers were sought out to share a word, to listen, to invite persons in to a deeper relationship with God. So it is today, as spiritual direction provides a way of revitalization for God's people.

When seeking a companion for the journey of faith, the prospective directee is free to ask the following about a director:

- ♦ Does the director see the direction experience as facilitating the directee's experience of God...
- ♦ Is the director involved in on-going direction on a regular basis...
- ♦ Is the director part of an individual or peer group supervision experience on a regular basis...
- ♦ Has the director had adequate ministerial formation in direction which included a practicum component...
- ♦ Is the perspective director hospitable and empathetic...

The action of God in our life is really profound, but we don't often take the time... to be alert to what God is doing in us...