

*Looking to deepen your relationship with God's?  
Spiritual direction may be just the help you are looking for.*

## **What is spiritual direction?**

**Come and see on**

**Monday, April 29 6:30-8:00pm**



A presentation and discussion with  
spiritual directors:

Sr. Rosemary O'Brien, SSJ

Margaret Chrymko, SSJ Associate

Mary Fuhrman, SSJ Associate

**Spiritual direction** is a conversation between two people. It is an ancient tradition of holy listening that involves the Holy Spirit, the spiritual director (someone trained in holy listening), and the directee (the spiritual seeker). Each has a distinct role in helping us become more aware of God's presence and action in daily life.

As a person shares what's been happening in their prayer and daily life with the spiritual director/companion, the director/companion carefully listens for the Holy Spirit's nudges and promptings. This deep listening for God at work in the directee/seeker's life helps the director ask questions and offer observations that can help the seeker clarify their experience of God. This increased clarity can help a person discover what God is inviting them to and to gain awareness of what gets in the way of their growth in God. Spiritual directors are not "the expert," but are spiritual companions educated to listen for the holy in the ordinary.

People meet with a spiritual director for many reasons. Perhaps they want to grow in relationship with God and are seeking suggestions to start or deepen their prayer lives. Perhaps they are trying to sort through whether an opportunity is an invitation from God or something else. People may be drawn to spiritual direction when they are in the middle of a major transition or crisis of faith.

No matter where you are on your faith journey, we invite you to learn more about spiritual direction so you can consider whether you might like to meet with a spiritual director who can accompany you deeper in your encounter with Christ.