

SPIRITUAL DIRECTION: Is It For You?

- ◆ Are you looking to deepen your relationship with God?
- ◆ Do you want to discover God in all the complexity of your life?
- ◆ Do you seek to invite God further into your daily choices?
- ◆ Would you welcome companionship on your journey?

Then Spiritual Direction
may be for you.



Spiritual Direction is the contemplative practice of helping another person (or group) to awaken to the mystery called God in all of life, and to respond to that discovery in a relationship of freedom and commitment.”

James Keegan, SJ



To speak to a Spiritual Director about individual or group direction, praying the 19th Annotation of St. Ignatius, or directed private retreats contact us at:

(610) 647-2530 ext. 102

Email:

spiritualdirector@daylesford.org

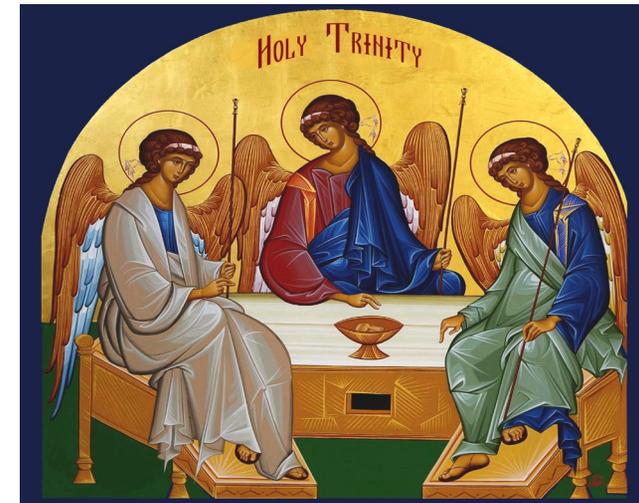


Our Lady of the Assumption Church

DAYLESFORD
ABBNEY

SPIRITUAL DIRECTION

INDIVIDUAL & GROUP



“For where two or three are gathered together in my name, there I am in the midst of them.”

MT 18:20

SOME BENEFITS OF SPIRITUAL DIRECTION

Spiritual Direction Aids the Seeker to:

- ◆ *Become more aware of God's presence and unconditional love*
- ◆ *Deepen one's relationship with God*
- ◆ *Become more intentional about one's spiritual life*
- ◆ *Explore and expand one's spiritual practices*
- ◆ *Grow in inner freedom from what hinders one's growth*
- ◆ *Learn to still one's soul in the midst of life's demands*



Through this intentional process of spiritual direction, God leads one toward inner wholeness and spiritual maturity.

“Spiritual Directors define themselves as co-discerners, listeners, companions, midwives, soul-friends, and spiritual companions. The Spiritual Director’s role involves helping the other recognize and respond to the divine direction.”

Janet Ruffing, RSM



Both women and men serve as individual spiritual directors and as group spiritual facilitators at Daylesford Abbey. They have received training at a variety of accredited institutions and are experienced in journeying with seekers from many faith traditions.

Individual Spiritual Direction

Appointments are usually scheduled monthly. *Suggested offering:* \$40.00

Group Spiritual Facilitation

Meets monthly at pre-established times. *Suggested offering:* \$10 per session.

No one will be turned away from either format for financial reasons. All spiritual direction conversations are held in strict confidence .

FREQUENTLY ASKED QUESTIONS

Do I need an exceptional spiritual or prayer life to participate in Spiritual Direction?

Absolutely not! God meets us where we are in the ordinary experiences of our everyday lives.

What will we talk about? What do I say?

Nothing is off limits. The choice of what to talk about is always up to you. Bring the events of your life, past or present. Bring your prayer life and spiritual practices, your struggles and temptations, your dreams and disappointments, your consolations and suffering, your hope, joy and sense of invitation.

Is Spiritual Direction counseling or therapy?

No. Spiritual Directors do not act as therapists, licensed counselors, pastoral counselors or crisis intervention specialists.

How will I know if this is for me?

Some signs of readiness are: the desire to keep God as a top priority in one's life, the willingness to follow where God may seem to be leading and a willingness to make time for regular periods of prayer and spiritual practice.

