

JOSEPHITE MISSION AND HISTORY
CENTRE

*Within each of us
lies the meaning
beyond the moment ...
to find our true selves ...
to grow closer to God.*

*Discover
the traces of the Holy
in your life.*

*A Spiritual Director
can help you
satisfy that longing.*

*I pray that the God of our Lord Jesus
Christ, the Father of glory, may give you
a spirit of wisdom and revelation as you
come to know God, so that, with the eyes
of your heart enlightened, you may know
what is the hope to which God has called
you, what are the riches of God's
glorious inheritance among the saints,
and what is the immeasurable greatness
of God's power for us who believe*

Ephesians 1:17-19



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*What is Spiritual
Direction?*

*Could this be the next step ...
in your Spiritual Journey?*

You Are Invited...

Spiritual Direction invites you to a closer relationship with God. In the midst of a busy life, many people find it difficult to notice God's action in their daily interactions. Yet, at the deepest level, all of us long for a more conscious experience of God's presence and love. We want to find peace in ourselves and our world. We want to be people who grow and make this a better world.

Discern God's Presence

In Spiritual Direction, you reflect deeply on the experiences of your daily life. Gradually, as you reflect, you begin to recognise God's presence and grace in your life. You come to realize how God's spirit is truly with you every day and everywhere, as close as you are to yourself. You discover that God has been waiting for you to seek this closer relationship.

Spiritual Direction is really not about being 'directed'. Rather, it is very much about being 'invited' to draw closer to God. You are invited into this relationship whether you attend a church or not. God seeks you where you are.

Receive God's Gifts

You might come to Spiritual Direction for a variety of reasons, including to:

- Identify and trust your own experience of God
- Integrate spirituality into your daily life
- Discern and make difficult decisions
- Share struggles, losses and disappointments
- Find encouragement and affirmation
- Grow in relationship with God, self, others and creation



Meeting with a Spiritual Director

The privilege and responsibility of a Spiritual Director is to journey with you as you deepen your relationship with God. The journey takes place in confidential, one-to-one sessions with your Spiritual Director. You and your Spiritual Director will agree on a convenient time for meeting, usually every four to six weeks for an hour.

After three or four sessions you will have the opportunity to evaluate the process. Whether you continue in direction for many years or for only a short period of time, it is very important to be comfortable with the Spiritual Director. What is shared between the two of you is always held in confidence.

Who are Spiritual Directors?

Our Spiritual Directors have completed extensive training and formation in the art of Spiritual Direction. Directors continue enhancing their knowledge and skills by engaging in ongoing education, supervision, and also meeting regularly with their own Spiritual Director.

The ministry requires ongoing financial support. The current suggested contribution for Spiritual Direction is \$55.00 per session. It is our policy that no one be excluded due to cost. We are happy to accept an affordable donation.



Respond

How do you find a Spiritual Director?

- Contact the Centre and make an appointment to talk about your needs and hopes