

WHAT IS SPIRITUAL DIRECTION OR COMPANIONING?

Spiritual Direction is a ministry of listening, trust, and support that facilitates greater insight into questions about the meaning and purpose of life, relationships, work, goals, and aspirations. This ministry is a valuable resource for all who seek to better understand the actions and presence of the Divine in their lives. Spiritual Direction brings seekers and Directors together to walk as companions on the spiritual journey in trust and openness. Spiritual Directors are trained to guide and walk with spiritual seekers, listening respectfully, posing honest and thought-provoking questions, and offering guidance without judgment. Spiritual Direction is a beneficial component of the spiritual journey for persons of any - or no - religious affiliation.

WHAT IS THE DIFFERENCE BETWEEN SPIRITUAL DIRECTION AND COUNSELING?

Unlike the therapeutic management of life's problems, Spiritual Direction focuses specifically on your personal relationship with God. Even though your relationship with God is very much present in all of life's varied circumstances, Spiritual Direction and counseling are generally pursued separately.

SCRIPTURAL FOUNDATION OF SPIRITUAL DIRECTION

Remember the story of the disciples walking to Emmaus on Sunday morning? They were talking with each other about their life, their relationship with Jesus, their hopes, and their disappointments. Things hadn't turned out quite the way they expected! Into this scene enters Jesus, who gently guides them and helps them to understand the spiritual growth opportunities wrapped up in their experience.

"Let the wise listen and add to their learning, and let the discerning get guidance." - Proverbs 5:1

*"So Christ Himself gave the apostles, the prophets, the evangelists, the pastors and teachers to equip his people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ."
- Ephesians 4: 11-13*

— ST. ANTHONY —
spiritualitycenter

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WHAT TO EXPECT

Don't be surprised if you need a few sessions with different Directors to find the right Director for your personality, circumstances, and needs. Many seekers "try on" different Spiritual Directors in their search for the right companion to walk with on their spiritual journey. This is a normal part of the spiritual Direction process. Some Spiritual Directors will offer an initial "get to know you" session for little or no cost.

If you have never tried Spiritual Direction, you might like to experience it during a weekend retreat or private retreat at St. Anthony's. You can explore Spiritual Direction within the context of a retreat by contacting Sr. Barb Knauf at 715-443-2236 ext 114 or bknauf@sarcenter.com. When you contact Sr. Barb, let her know that you have already scheduled or would like to schedule a retreat and that you would like to meet with a Spiritual Director during your retreat.

Once you have found a Spiritual Director who is a good fit with your personality, circumstances, and needs, you will meet regularly with him or her for confidential one-to-one sessions. Spiritual Direction sessions are typically scheduled once per month, depending upon your circumstances

WHEN IS SPIRITUAL DIRECTION HELPFUL?

- ◆ When you are seeking a deeper relationship with God
- ◆ When you are questioning your faith
- ◆ When you are seeking a different way to communicate with God
- ◆ When you are feeling restless or looking for something "deeper" or "more" in your life
- ◆ When you are experiencing a time of decision-making or transition
- ◆ When life seems overwhelming
- ◆ When you have been on retreat and find that you need additional time to reflect

HOW DO I FIND A SPIRITUAL DIRECTOR?

We have several Spiritual Directors listed on our website. These individuals are not employees of St. Anthony's but we have confidence in their training and commitment to this ministry. They all live and practice near St. Anthony's.

IS THERE A FEE?

Each Spiritual Director sets his or her own fee, so please discuss the fee with the individual you select. However, many Spiritual Directors would like to make this ministry available to all seekers, regardless of ability to pay. If cost is an obstacle, please talk to your Spiritual Director about your financial situation.