



Spiritual Direction: the Art of Holy Listening

What is spiritual direction?

Spiritual Direction is the opportunity to sit with a trusted companion and share your experience of God's presence in your life. "It 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 this communicating God, to grow in intimacy with this God, and to live out the consequences of the relationship."

*(William Barry, SJ and William J Connolly, SJ, *The Practice of Spiritual Direction*)*

What happens in a spiritual direction session?

In spiritual direction you'll be able to talk about your life story, prayer, and relationship with God. The Spiritual Director does not give advice or solve problems, but helps you respond to God's invitation to a deeper more intimate relationship.

Spiritual direction helps you develop a deeper awareness, as you grow in an effective, conscious relationship with God, as well as:

- *Listen to your deepest heart's desires,*
- *Find within yourself your own answers to deep questions,*
- *Discern a direction for your life that is in harmony with God's will,*
- *Identify and trust your own experiences of God in your life,*
 - *Learn about prayer and prayer experiences,*
 - *Move forward in your spiritual journey.*

How long is a spiritual direction session, and how often will I see my Spiritual Director?

A spiritual direction session will typically last an hour, once a month.

How can I make an appointment with a Spiritual Director or learn more about Spiritual Direction?

Deborah Dellumo has been trained and certified in the ministry of Spiritual Direction, and is available for Spiritual Direction at Queen of All Saints Church. To make an appointment, or learn more about Spiritual Direction, call Deborah Dellumo at 219.872.9196 Ext. 104 or Email debbied@qas.org