

***Spiritual  
Direction:  
Inviting God in and  
Exploring the Mystery***

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# Welcome!!

*Getting to Know You:* Please share ...

1. Your Name
2. Where you are from?
3. Your Jesuit Connection (if any)?

*Optional Share...*

4. What drew you to this workshop?
5. Do you have any experience with Spiritual Direction?
6. Any wonderings or questions about Spiritual Direction?

# Spiritual Direction?



When you think about “Spiritual Direction” what image comes to mind?

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Image: <https://www.dorotheum.com/en/l/6425705/>



Image:

<https://www.pexels.com/photo/two-person-walking-on-path-under-blue-sky-705180/>



Image:

<https://www.gumtree.com/p/hobbies-collectibles/2-unique-hazel-corkscrew-walking-sticks-hand-crafted-1-with-mallard-head/1372356937>

What is your image?

# What is Spiritual Direction?

*"Spiritual Direction is an ancient practice of accompaniment that honors the divine light in each person, helping the seeker to further awaken to the mystery called God in his or her unique and sacred journey. The spiritual direction relationship is grounded in contemplative practice and includes deep and attentive listening for movements of the Holy Spirit in relationship with self, others, and creation."*

Written by Franciscan Spiritual Direction Program Teaching Team, 2019



# What is Spiritual Direction?

*“Spiritual Direction aims to help us experience the eternal and the infinite aspects of our true nature through the wise, experienced, and compassionate company of another human being.”*

Definition from Spiritual Directors International

# What is Spiritual Direction?

*Spiritual Direction 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 personally communicating God, to grow in intimacy with this God, and to live out the consequences of the relationship.”*

\* Spiritual Direction is not exclusively a Christian practice

Written By: William A. Barry, S.J. and William J. Connolly, *The Practice of Spiritual Direction*, listed on [ignatianspirituality.com](http://ignatianspirituality.com)

What does Spiritual  
Direction mean to  
you?

Expanding your  
friendship with  
God...

Does anyone have  
any experiences  
they would like to  
share?

# How to Find a Spiritual Director?

1. Spiritual Directors International (SDI) Directory  
<https://www.sdicompanions.org/find-a-spiritual-director-companion/>
2. Office of Ignatian Spirituality for the Jesuits East:  
<https://jesuitseastois.org/ois-catalog-of-spiritual-directors-seekers>
3. Your college or university might have an Ignatian Spirituality/Spiritual Direction Office or Center:  
<https://www.fairfield.edu/jesuit-and-catholic/murphy-center-for-ignatian-spirituality/index.html>
4. Your Parish? Friends? Mentors? CLA and grad programs offer Spiritual Direction...
5. Ask me! [JocelynCollen@gmail.com](mailto:JocelynCollen@gmail.com)

# The “Right Fit”

Finding a Spiritual Director can be tricky!

Most people want - Director and Directee - have the first meeting just to see if it feels right.

You can ghost the Director!

It is totally fine if you don't feel a connection with the first FEW people you meet...

Questions? Comments?