

GOD IS ALWAYS A SURPRISE. YOU NEVER KNOW WHERE AND HOW YOU WILL FIND HIM. YOU ARE NOT SETTING THE TIME AND PLACE OF THE ENCOUNTER WITH HIM. YOU MUST, THEREFORE, DISCERN THE ENCOUNTER. ~ POPE FRANCIS

St. Francis Parish has four certified spiritual directors who completed supervised training to learn the skills of listening and spiritual discernment. As lay people and fellow parishioners they have been spouse, parent, grandparent, and have worked "in the world."

WE ARE:

Anne Bock 609-204-3835;

Kathy Egan 215-694-4651;

Mary Lou Jacoby 732-995-6917;

Pat Simmons 609-661-1361

"As a parish ministry there is no charge."

Fr. Andrew Reitz, OFM is also available for Spiritual Direction. Please contact the Parish Office at 609 494 8813



In her Testament, St Clare said to her Sisters, "Always be lovers of your souls." Spiritual direction is one way of loving and caring for our souls!



ST. FRANCIS OF ASSISI
PARISH AND CENTER

Benefits from Spiritual Direction. Some may include helping you...

- Notice God's presence and action in your life;
- Integrate spirituality in daily life;
- Share your hopes, joys and losses;
- Allow yourself to express grief;
- Walk with deeper integrity and spiritual awareness.
- Identify your longings



CONTACT US

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PARISH MINISTRY OF SPIRITUAL DIRECTION

HOW TO EXPLORE, NURTURE,
AND DEEPEN YOUR
RELATIONSHIP WITH GOD



SPIRITUAL DIRECTION CAN HELP YOU ADDRESS YOUR DEEPER QUESTIONS OR CONCERNS

"It is not so much being told what to do as being encouraged to do what we know God and our conscience are asking us to do." ~Thomas Keating



"You will show me the path of life" – Ps 16

What is spiritual direction? "It is a form of soul care which offers an individual the opportunity to meet with another Christian for the purpose of examining his/her relationship with God." ~ Dahlia Fraser

It may be a new idea for you but it is an ancient tradition in Christianity available to everyone

"A spiritual director is, then, one who helps another to recognize and to follow the inspirations of grace in their life, in order to arrive at the end to which God is leading."
~Thomas Merton

THE WHO, WHAT, WHEN, AND WHERE OF IT?

The who: Just you and a spiritual companion or "soul friend" called a spiritual director.

The what: A confidential conversation where you can talk freely about your spiritual thoughts, needs, and experiences.

When and Where: In spiritual direction, you would meet with a director typically once a month. Meetings usually last about an hour and bring a "God focus" to your life concerns and events.

How long does it go on? It could be for a few months, years, or intermittently/ "Whenever it is helpful."

Where? We meet in the parish office or by video call.

What it is not: It is not counseling or therapy, problem solving or theological discussion, religious education or Bible study, though these may come up. Rather it is directed at the question: Where is God in your life?

"The goal of spiritual direction is...the ever increasing capacity to live a spiritual life from the heart."

~Henri Nouwen

COME SIT WITH ME HOW IS GOD LEADING YOU?

Some Questions that people bring to spiritual direction:

- Why doesn't God hear my prayers?
- How should I pray?
- Who is God for me?
- Where is God when I suffer?
- How do I go "deeper" into my prayer?