

What is Spiritual Direction

The steps you are taking to explore Spiritual Direction speak of a desire for "More" and for a companion to accompany you on this journey of discovering the nature of this "More".

Spiritual Direction is a ministry of holy listening in which a person meets with a spiritual director on a regular basis, typically monthly. Spiritual direction is about claiming our true identity as unconditionally loved and chosen by God and deepening our awareness of God's active and creative presence in our lives. Spiritual direction is also about growing in self-awareness as we discover what promotes or inhibits our relationship with God and thus our response to God's invitation to be loved and to be love in the world.

The context of spiritual direction is our relationship with God, whatever that might be. Therefore, the content of direction sessions is how one is relating to God, however that might be. Prayer, particularly with the scriptures, often provides the means by which we can talk about how one is relating to, experiencing or encountering God. So, each month the directee may be given prayer material to engage with and the sessions will include, but not be limited to, discussing how this prayer time went. The "stuff of daily living" also opens the door to reflecting on "who God is for me" and discussing our life circumstances in a direction session can be very fruitful.

The process begins with an initial meeting between a seeker and potential director simply to get to know each other a little and see if it feels like a good fit. The conversation can include anything you, the directee, would like to share about your life/spiritual journey thus far and why you are seeking direction. You may also ask questions of the director that will help you discern moving forward with them in a direction relationship.

As you think about the qualities you are looking for in a director, it may help to reflect on where you have been, and where you are now, on your spiritual journey and what you need from a companion in order to be able to talk about it. The experienced Spiritual Directors serving the JRC community have been trained through various formation programs around the country, most notably The Ignatian Spirituality Institute (ISI) at John Carroll University. They are lay and vowed religious women and men of all Christian faiths and life experiences.

On-going Spiritual Direction sessions are usually held once a month and last about 1 to 1 ½ hours. Days, times, and locations are agreed upon by the directee and director. Some directors humbly request a fee per session. A typical fee scale is \$25 - \$50 per session although most will offer direction at no charge as needed.

Spiritual direction is NOT: problem-solving, advice-giving, therapy, counseling, pastoral counseling, faith-sharing, scripture/Bible study, or catechesis.

What happens now

- *complete the [Spiritual Director Request Form](#)
- *You will be emailed the names and contact information of up to three prayerfully selected Spiritual Directors who will welcome your email or phone call when you are ready to reach out to them
- *Arrange an initial “interview” meeting with the referred Directors either in person or via phone/virtual platform. Discuss meeting locations, fees, direction style, life experiences, etc.
- *Prayerfully discern how you felt with each director. You may not need to meet with all of them to make a decision
- *Reach out to the Director you have chosen and schedule your first direction meeting
- *Fees: fee scales typically range from \$0-\$50 per monthly 60-90 minute session with the average being \$25.00 per monthly session; many directors will not charge a fee; financial circumstances of directees are always considered
- *It is customary to decide on a time to regroup and discuss with your director how things are going, if any changes need to be made in the type of direction you are receiving, or to end the direction relationship. This can be 4-6 months after the first session.

Any Questions? Feel free to contact Jayne Churchmack

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