

Spiritual Direction

Listening For God In Our Lives



Spiritual Direction is an ongoing process of nurturing one's spiritual life. This commitment to deepening one's relationship with God requires intentional, daily prayer, reflection on events of one's daily life, as well as a willingness to enter into open dialogue with your director.

We believe that the Holy Spirit is the true "director" and that we cooperate with the Spirit to create an atmosphere of prayer and safety where God's voice and inspiration in the directee's life can be explored.

Practical Details

- † Spiritual Direction Sessions are scheduled monthly and last about one hour.
- † Confidentiality on both the part of director and directee is foundational to this process.
- † Periodic evaluations of the Spiritual Direction Sessions are encouraged.
- † Spiritual Direction is not therapy, counseling, or "problem solving". Its primary focus is to assist the directee to grow in relationship & response to God.
- † It is understood that the person seeking spiritual direction is serious about a regular prayer life and is willing to be challenged and supported in living an authentic life rooted in God.
- † There is no charge for spiritual direction, however many individuals choose to give a \$35 – 50 donation per session, which is deeply appreciated, to help support our retreat ministry.

Our Spiritual Directors

Sr. Mary Ellen Brady, OP An experienced Spiritual Director, Sister Mary Ellen received her MA in Religious Studies with a concentration in Spirituality from Providence College in Rhode Island and a Certificate in Spiritual Direction from St. Thomas University in Miami, Florida.

Sr. June Fitzgerald, OP New to the retreat house in McLean, Sister June previously ministered in our houses in Niskayuna, NY and Miami, FL. She received her MA in Christian Spirituality and Certification in Directed Retreats and Spiritual Direction from Creighton University in Omaha, NE. Sr. June has particular interest in 12 step spirituality, contemplative prayer, and women's spirituality.