



*Do you know about the new
Marillac Center ?*

Marillac Center, established in the spirit of the Sisters of Charity of Leavenworth, provides an environment of prayer, peace, hope and transformation. Located adjacent to the Sisters of Charity Mother House, the Sisters share their holy ground, their story and charism with those who seek to grow spiritually and deepen their quest for God.

Retreats; conferences; spiritual, holistic and educational programs are offered through Marillac Center. Guests are received in a spirit of hospitality offered in humility, simplicity and charity.

For more information: retreats@scls.org
or call (913) 758-6552

Marillac Center

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Spiritual Direction

**Marillac Center
Leavenworth, Kansas**



SISTERS OF CHARITY
OF LEAVENWORTH

What Is Spiritual Direction?

Spiritual Direction is a privileged time and place to reflect with another about my relationship with God. The focus of Spiritual Direction is my life with God as it is lived out in all my experiences. Ultimately, spiritual direction is the process of coming home to my deepest self.

All of my life is material for spiritual direction as I seek to become more aware of God's presence in my life. The "agenda" is what I, the "directee," bring and that will include prayer, images of God, finding the Sacred, questions of faith, concerns about the church, and also my relationships with others, what worries me, grieves me, frightens me, or gives me cause for joy and celebration. The director helps me to listen to my life with the care that it deserves.

Spiritual direction, though practiced in the Church for centuries, is increasingly sought by people in contemporary society who are desirous of a deeper engagement with God and someone to companion them in that search. The tradition has consistently defined the practice of Spiritual Direction as an art that recognizes the Holy Spirit as the true director. The human director needs spiritual training, a knowledge of religious heritage of the Christian

human development, and must demonstrate recognized gifts for this ministry. The director stands in service of the relationship between God and the one seeking direction and is not someone who tells another what to do or what direction they should pursue. The spiritual director is primarily concerned with helping the "directee" relate to God in every aspect of life and is not a substitute for a marriage counselor, psychological counselor, or other professional therapist.

Suggested offering \$40. All are welcome, even if you cannot give the suggested offering.



Spiritual Directors
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What do I Say to My Spiritual Director?

Sometimes our relationship with God is not easily recognized or described. Telling our director what happens when we consciously put ourselves in the presence of God will be a place to start. This enables us to pay attention to God's personal communication with us, and enables us to respond to this communication. Thus we grow in intimacy with God and can then live out this relationship.

When you see your director he/she will be interested in

- what is going on with you and God,
- what happens when you talk to God—what do you talk or pray about and how, and
- what happens when you listen to God—how does God respond to you, and how do you respond to God.

In summary, you will be

1. noticing the reality of God's presence and activity,
2. coming to trust what has been noticed, and
3. responding to this presence and activity.