

## ON DIRECTION

“Spiritual Direction is, in reality, nothing more than a way of leading us to see and obey the real Director--the Holy Spirit hidden in the depths of our soul.” (Thomas Merton, Trappist monk)

“Spiritual direction is the contemplative practice of helping another person or group to awaken to the mystery called God in all of life, and to respond to that discovery in a growing relationship of freedom and commitment.” (James Keegan, SJ, Roman Catholic, USA, on behalf of the 2005 Coordinating Council of Spiritual Directors International)



### Contact

- **Galilee Centre**  
398 John Street North,  
Arnprior, Ontario  
K7S 2P6
- Phone: 613-623-4242
- [info@galileecentre.com](mailto:info@galileecentre.com)
- [www.galileecentre.com](http://www.galileecentre.com)

## SPIRITUAL DIRECTION AT GALILEE







## What is Spiritual Direction?

Spiritual Direction invites you into a relationship with God whether you attend church, mosque, synagogue, temple or none of those. God seeks you where you are.

It assists you to find meaning beyond the moment, to discover our true selves and grow closer to God and one another.

It is a process of accompanying someone on their spiritual journey. The concern is with the whole person: body, mind and spirit.

God is a self-communicating God who reveals Self through:

- Creation
- Human relationships
- Life-experiences
- Solitude
- Prayer
- Scripture

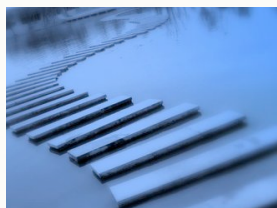


### WHO SEEKS SPIRITUAL DIRECTION?

Men and women of all faith traditions, if....  
 You want to integrate spirituality into your daily life;  
 You need to discern and make difficult choices;  
 You want to explore new ways to pray or if prayer has become difficult;  
 You find yourself desiring a deeper relationship with God, self and others;  
 You have a desire to learn more about contemplation and meditation.



### WHO IS A SPIRITUAL DIRECTOR?



An individual who receives formation training in the spiritual life, human development, theology, scripture, as well as supervision in the ministry of spiritual direction.

A person who listens, encourages, supports and assists a directee to pay attention to their life and to God.

A non-judgmental mentor and companion who helps the directee find what he/she seeks by offering suggestions, feedback and pointing to resources.

A host, spiritual mid-wife and a giver of hospitality. The Holy Spirit is the true director.

### COST, TIME AND PRIVACY

Generally a donation of \$30-\$50/hr. or the directee's hourly wage at his/her workplace.

Usually the meetings are for one hour once a month or a Galilee retreat participant may wish to see the director an hour each day on the retreat.

Confidentiality and privacy are maintained at all times except where legal issues require disclosure (child abuse, elder abuse, and physical harm to self and others).

