

"The goal of spiritual direction is spiritual formation - the ever-increasing capacity to live a spiritual life from the heart. A spiritual life cannot be formed without discipline, practice, and accountability."

~Henri Nouwen~



Galilee Centre is a welcoming place for retreat and reflection, rooted in the Catholic tradition and open to people of all faiths - or none- who seek renewal, connection, and time in a sacred community.

CONTACT US

398 John Street North
Arnprior, Ontario K7S 2P6

For inquiries about spiritual direction and programming contact Amy MacDonald,
Director of Spiritual Programs:
613-623-4242 x34
programs@galileecentre.com

For general inquiries:
Phone: 613-623-4242
info@galileecentre.com

www.galileecentre.com

SPIRITUAL DIRECTION AT GALILEE



Galilee Centre
The perfect spiritual setting, year round



Why Spiritual Direction?

Spiritual direction provides one-on-one accompaniment and companionship in support of your spiritual journey. They are skilled at creating and holding a safe space, offering their attentive presence, and practicing nonjudgmental listening, helping you discern where you are experiencing the divine in your everyday life.

Whether you attend church, mosque, synagogue, temple or none of the above - the Sacred seeks you where you are. A spiritual director can facilitate your relationship with the Divine, whatever that looks like for you.

A spiritual director can help you discover and cultivate contemplative spiritual practices and rhythms, explore vocational discernment, respond to spiritual crisis, navigate grief and suffering, work through deconstructing and decolonizing your faith.



They can offer supportive accompaniment and wise discernment as you reflect on and process your deepest questions, doubts, longings, desires, hopes, and fears.



Spiritual Direction & Galilee Centre

Galilee Centre has a roster of independent spiritual directors who are available to those seeking accompaniment - whether onsite at Galilee during an organized retreat or a private retreat, or offsite.

You can use the online roster to select and contact one directly: www.galileecentre.com/spiritual-direction

You and your director will determine the duration and frequency of your meetings; typically you will meet for one hour per month. Each director sets their own fees, which can range from \$40-85/hr.