

The whole purpose of spiritual direction is to penetrate beneath the surface of a man's life, to get behind the façade of conventional gestures and attitudes which he presents to the world, and to bring out his inner spiritual freedom, his inmost truth, which is what we call the likeness of Christ in his soul.

~ Thomas Merton
Spiritual Direction and Meditation

In the sometimes searing heat of today's climate... **a cool space away from the glare of life's pressures** is an invaluable oasis. We can return to our journeys, and the heart and intensity of the trackless paths we need to make, having been refreshed and nurtured from this oasis time with a soul-friend.

~ David J. Moxon
Bishop of Waikato, Archbishop of the New Zealand Dioceses

FOR MORE INFORMATION: Visit our website: thelydiagroup.com/spiritual-direction
or directly contact a trained, seasoned spiritual companion:

- NANCY BELLAMY • nancy@starrettfarmretreat.com • www.thelydiagroup.com/spiritual-formation-coaching
- KEITH FOISY • keithfoisy@gmail.com • 231-301-2970
Rev. Dr. Foisy (a beloved professor of Ann's) is a husband, father, Michigan pastor, and faculty member at Richmond Graduate University's (Atlanta) Ministry Program for Spiritual Formation and Direction. He is truly anointed for his sacred calling.
- ROXANNE MORGAN • wayfaringanamcara@gmail.com
As a fellow pilgrim, I creatively engage with individuals as well as small groups in the art of spiritual direction, journeying with others through holy listening in awakening, discerning, and living in rhythm with the Trinity.
- ANN STARRETTE • starrette@mindspring.com
As a teacher, retreat leader, and fellow pilgrim, I view my role as partnering with the Holy Spirit, quietly listening people into flight as I go about planting inner seeds of freedom, growth and change toward wholeness in Christ.

For a listing of area directors, refer here: www.wnccumc.org/resourcedetail/9296397

For a listing from Spiritual Directors International, refer here: www.sdicompanions.org (FIND tab)



THE LYDIA GROUP

Contemplative Spiritual Direction

What is Spiritual Direction?

The role of a spiritual director is to facilitate open communication between the directee and our Triune God. A spiritual director engages in listening, along with the directee, to the real director, the Holy Spirit, the Advocate, or Counselor given to lead us into truth as we are able to bear it (John 15,16:13). Thus, the director is both a prayerful companion and a co-listener for God's movement and invitations in the story of the directee's life. Within the delicate balance of listening to the directee and the Holy Spirit's nuances, the director helps the directee become more sensitive, responsive, and obedient to God's "still small voice."

The spiritual director's role is to pray for, listen to, wait with, and encourage the directee in the slow process of becoming their true God-self.

*The overarching aim is to help the directee **become abnormally aware of God's loving presence** in their life and **cooperate with the Holy Spirit** to usher them into becoming the Word God spoke them forth to be.*

An Ancient Practice

Spiritual Direction is the ancient tradition of holy listening. The practice abounds throughout the Old and New Testaments' lived lives, saints, wisdom elders, and spiritual mothers and fathers of the Church universal. Today we see it woven throughout the fabric of our various Christian denominations with one common thread: *"the journey of surrender to God's will and his love."* (Gary Moon)

Who Is It For?

One may think that spiritual direction is only for super-spiritual people. However, those who choose spiritual direction do so not because they are super-spiritual but because they want to pay closer attention to their relationship with God. They hunger for a safe place to attend to their longings and ongoing transforming process wherever they are on their journey. Spiritual direction provides a confidential space to meet with God in the presence of a trained companion.

As a fellow pilgrim, a spiritual companion accompanies the directee on this journey of faith — seeking to help the directee:

- dive deeper into prayer and draw closer to God in everyday life;
- discover God's care in the midst of difficulties;
- become aware of the sacred within the ordinary events of life;
- honestly share with God their feelings, doubts and questions;
- become more like Christ and experience the fruits of the Spirit;
- move from a preoccupation with self to a grace-full life of love and service.

"So, while the goal of spiritual direction is to help people grow to become more like Christ, emphasis is also given to the consequences of this growth: the outworking of the directees' life at home and in their chosen vocation, in their decision-making, and their imprint on the earth." (Sue Pickering)

*As Spiritual Directors, we listen for the **soul's yearnings**,
the **Trinity's pursuit**, and the **intersection of the two**.*