

# ***Spiritual Direction***

Spiritual direction is a relationship of spiritual companionship. Individuals wishing to review how God is acting in their lives, or absent in their lives, may approach a director and share insights, feeling and questions, and be heard by a person of faith in confidentiality. Although the real spiritual direction is done by God, directors may choose to give helpful feedback, or suggest a pattern they hear in the person's life story. Sometimes spiritual directors suggest reading or writing exercises. All of this is for the purpose of better knowledge of self, others and God. For the best result, these conversations take place on a monthly basis.