

Spiritual Direction:

An Invitation to Encounter the Holy



At the Journey Center, spiritual direction is at the core of everything we do. Spiritual direction is an invitation to experience the

Holy in new and deeper ways as we grow in our awareness of God's presence and the movement of the Spirit in our lives. This invitation is extended to you, wherever you find yourself on your spiritual journey.

Spiritual direction has long been a resource for those who are spiritually thirsty. For centuries, spiritual directors in many faith paths have offered their unique giftedness as spiritual companions and listeners, helping individuals to nurture and integrate their spirituality.

Meeting with a spiritual director is the discovery of a gift...a companion for your spiritual journey who gives to you a safe place to explore your deepening relationship with God.

Some commonly asked questions about meeting with a spiritual director:

- **What happens in a session?** You are invited into a contemplative conversation that focuses on the Spirit's work in your life. The two of you will sit together in the loving presence of God and your spiritual director listens supportively as you move closer to your own heart and that of your Creator.
- **How often are the sessions?** Many people meet once a month with their spiritual director.
- **Is there a fee for sessions?** At the Journey Center, your first meeting with a spiritual director is free. If you choose to continue in spiritual direction, we do not charge a set fee but suggest a donation in the range of \$40-\$80 per session.

more on back>>

Spiritual Direction:

An Invitation to Encounter the Holy



At the Journey Center, spiritual direction is at the core of everything we do. Spiritual direction is an invitation to experience the

Holy in new and deeper ways as we grow in our awareness of God's presence and the movement of the Spirit in our lives. This invitation is extended to you, wherever you find yourself on your spiritual journey.

Spiritual direction has long been a resource for those who are spiritually thirsty. For centuries, spiritual directors in many faith paths have offered their unique giftedness as spiritual companions and listeners, helping individuals to nurture and integrate their spirituality.

Meeting with a spiritual director is the discovery of a gift...a companion for your spiritual journey who gives to you a safe place to explore your deepening relationship with God.

Some commonly asked questions about meeting with a spiritual director:

- **What happens in a session?** You are invited into a contemplative conversation that focuses on the Spirit's work in your life. The two of you will sit together in the loving presence of God and your spiritual director listens supportively as you move closer to your own heart and that of your Creator.
- **How often are the sessions?** Many people meet once a month with their spiritual director.
- **Is there a fee for sessions?** At the Journey Center, your first meeting with a spiritual director is free. If you choose to continue in spiritual direction, we do not charge a set fee but suggest a donation in the range of \$40-\$80 per session.

more on back>>

- **What kind of training do the Journey Center spiritual directors have?** We have all participated in and graduated from various 2-3 year certification programs and are in ongoing training and supervision. We also offer our own 2-year training program and have students offering free spiritual direction as part of their internship. You can read about our team of spiritual directors on our website at www.journeycenter.org.
- **How do I begin the process of finding a spiritual director?** Call the Journey Center office at 707-578-2121 and ask for an initial appointment to explore this possibility with one of our spiritual directors, who will help you discover if this is the right resource for you at this point in your journey.

Our team of spiritual directors offer you many kinds of resources and experiences for your journey. In addition to spiritual direction sessions for individuals, we create a variety of sacred spaces and facilitate a whole range of group experiences. In these prayer/meditation gatherings, retreats, classes, groups and workshops, you will find nourishment for your spirit and will learn to discern the voice of the Spirit speaking into your life.

We have experienced that the fruit of a growing relationship with God is a desire to extend that love to others, and so we also invite you to join us in serving our community and world through ministries of compassion, mercy and justice. (It is here that many experience God most powerfully!)

For a complete listing of The Journey Center's current offerings, please visit our website at www.journeycenter.org, or call the Journey Center office at 707-578-2121.

The Journey Center
1601 Fourth Street
Santa Rosa, CA 95404
(appointments also available in Petaluma)

"I would know myself, in order to know Thee."
-St. Augustine



- **What kind of training do the Journey Center spiritual directors have?** We have all participated in and graduated from various 2-3 year certification programs and are in ongoing training and supervision. We also offer our own 2-year training program and have students offering free spiritual direction as part of their internship. You can read about our team of spiritual directors on our website at www.journeycenter.org.
- **How do I begin the process of finding a spiritual director?** Call the Journey Center office at 707-578-2121 and ask for an initial appointment to explore this possibility with one of our spiritual directors, who will help you discover if this is the right resource for you at this point in your journey.

Our team of spiritual directors offer you many kinds of resources and experiences for your journey. In addition to spiritual direction sessions for individuals, we create a variety of sacred spaces and facilitate a whole range of group experiences. In these prayer/meditation gatherings, retreats, classes, groups and workshops, you will find nourishment for your spirit and will learn to discern the voice of the Spirit speaking into your life.

We have experienced that the fruit of a growing relationship with God is a desire to extend that love to others, and so we also invite you to join us in serving our community and world through ministries of compassion, mercy and justice. (It is here that many experience God most powerfully!)

For a complete listing of The Journey Center's current offerings, please visit our website at www.journeycenter.org, or call the Journey Center office at 707-578-2121.

The Journey Center
1601 Fourth Street
Santa Rosa, CA 95404
(appointments also available in Petaluma)

"I would know myself, in order to know Thee."
-St. Augustine

