WHAT ARE THE GIFTS OF SPIRITUAL DIRECTION?

- Notice and savor your own experience of God
- Integrate spirituality into your daily life
- Find understanding, encouragement and affirmation
- Share challenges, losses, or disappointments
- Celebrate joys and accomplishments
- Grow in relationship with God, self, others, and creation
- Deepening freedom to live a more authentic life

The Office of Spirituality and Formation for Ministry falls under the auspices of the Secretariat of Evangelization and Education of the Diocese of Charleston, SC.

Please see our website for more information on all that the office offers to parishes, schools, parishioners and all people of good will.

https://charlestondiocese.org/formation-for-ministry/

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https://charlestondiocese.org/formation-for-ministry/spiritual-directors-in-south-carolina/

Peace and All Good!

“The art of spiritual direction lies in our uncovering the obvious in our lives and in realizing that everyday events are the means by which we encounter God.”

Marilyn Joyce, OSF

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MINISTRY OF SPIRITUAL DIRECTION

Peace and All Good!
WHAT IS THE PURPOSE OF SPIRITUAL DIRECTION?

Spiritual direction is about responding to God’s invitation to draw closer in relationship. It is meant to help a person learn how to be attentive to God’s presence and action in her life and to make choices based on that awareness.

WHO ARE SPIRITUAL DIRECTORS?

Catholic Spiritual Directors in the Diocese of Charleston have all received extensive training and formation in the art of spiritual direction, and bring years of experience to this ancient ministry. Our directors consist of men and women, who are priests, deacons, married, single or are members of a religious community. Each has a deep commitment to ongoing spiritual formation and growth, both personally and with those they companion.

From all eternity, God has called you, by name, to love.

Fr. Adrian van Kamm, CSSp.

WHAT HAPPENS IN A SPIRITUAL DIRECTION SESSION?

The subject matter of spiritual direction is what seems significant in the life of the person seeking direction. It could be exploring a dream or critical issue, discerning life choices, discovering ways to pray, or simply acknowledging a longing or question that persists over time.

The spiritual director/companion remains present to the directee through deep listening, evocative questions, support, and creating a safe environment where one can openly and prayerfully explore where God’s spirit is leading.

HOW OFTEN DOES SPIRITUAL DIRECTION OCCUR?

Most common is a monthly appointment for an hour. The need of the person seeking direction is always honored. The director and directee agree on a convenient location and time for meeting.

IS THERE A COST?

Since directors have been trained professionally, many have a sliding fee scale and which is discussed at the initial meeting.

In the midst of a busy life, many people find it difficult to notice God’s actions in their daily affairs. Yet, at the deepest level, all of us long for a more conscious experience of God’s presence and love. Each of us has a sacred story unfolding and inviting our attention. Spiritual direction provides a place to notice, reflect, discern and discover where God is present and active in our everyday lives.

Fr. Ron Rolheiser, OMI, President of Oblate School of Theology, Austin Texas states:

“Spirituality, is not an answer one ever arrives at; or, spirituality is not something one achieves; rather, spirituality is something one walks toward... it is a journey. Sometimes in the journey, we take baby steps and at other times, we take larger steps. One thing is very important....that we are moving in the right direction.”

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