



*Listening creates a holy silence.*

*When you listen generously to people they can hear the truth in themselves, often for the first time. And when you listen deeply, you can know yourself in everyone. **Rachael Naomi***

### **Remen**

*We need someone who encourages us when we are tempted to give it all up, to forget it all, to just walk away in despair. We need someone who discourages us when we move too rashly in unclear directions or hurry proudly to a nebulous goal. We need someone who can suggest to us when to read and when to be silent, which words to reflect upon and what to do when silence creates much fear and little peace. **Henri Nouwen***

## About US

Elizabeth and John Lee have been married nearly 40 years, have three adult children and 2 grandchildren. They are trained spiritual directors, having completed the Residential Program in Spiritual Direction: Listen into Life.

Elizabeth is a pastoral theologian, chaplain, educator and scientist. She enjoys bushwalking, contemplative photography, reading, vegetarian cooking and accompanying people on their journey.

John is a passionate man and facilitator of learning. He works as a teacher consultant, pastoral supervisor and offers spiritual direction to men.

([www.inspiringeducators.com.au](http://www.inspiringeducators.com.au)). John enjoys people, fitness, vibrant living and contributing to a better world for all.

If you would like to discuss Spiritual Direction with us please phone or email us

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Suggested offering for Spiritual Direction is \$70.00 per hour. Please speak with us if financial resources may be a barrier for you.



*Would you like to regularly take time to slow down and reflect upon your life?*

*Would you like to share something of your deeper story with another?*

*Would you like to explore the movement of God in your life?*

*Maybe you would be interested in*

**... SPIRITUAL DIRECTION**



## What is Spiritual Direction?

Spiritual Direction is a relationship of 'spiritual companionship' where one person (the Spiritual Director) respectfully and prayerfully listens to another (the Directee) and helps them notice, name and respond to the movements of the Spirit in the life of the Directee. Spiritual Direction assists a person as they share the stories of

their life, their encounters with the Divine and their spiritual journey.

It is ultimately about the life and health and growth of their relationship with God.

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*“God speaks to us every day only we don't know how to listen.”*

— Mahatma Gandhi

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The role of the Spiritual Director is to accompany another as they reflect on their life in order to recognise the movement of God working within the daily events of their life.

A Spiritual Director is fellow-traveller with some training, life experience and maturity to offer, which is demonstrated in wisdom and discernment.



## What happens in a Spiritual Direction session?

Usually the Director and Directee would meet for about an hour once a month at a mutually convenient location.

The Directee would share with the Director what has been happening in their life. As the Director listens attentively and compassionately, to what is being said the Directee is invited to move deeper into their story such that connections, insights and wisdom are revealed. During a session the Director may question, challenge, suggest, support, pray, be silent, whatever seems called for by the Spirit. It is however ultimately the Directee who must own whatever insights are uncovered or the course of action that is to be taken.