

What happens in spiritual direction?

In short, you will be invited to talk about your life—what is happening for you, thoughts and questions you have, what things might be weighing on your heart. You may speak about your times of prayer or other ways you connect with the divine. Or you may seek help discerning a direction for the future.



Do I have to be religious?

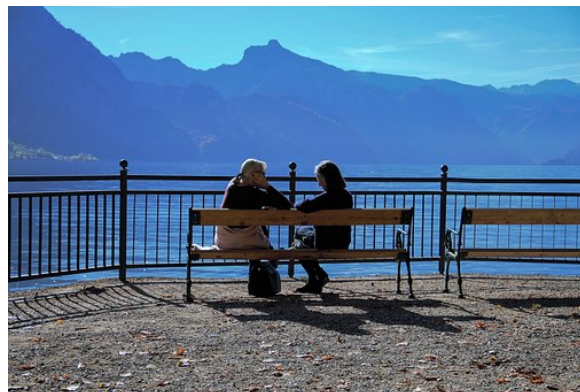
One need not be “religious” in the usual sense of that word. In other words, spiritual direction does not require you to be part of a particular religion or view “God” in a specific way.

What is needed is an openness to noticing and encountering the sacred in life. How this is understood, the language used and the meaning made is up to you.

How do I know if this is right for me?

The best way to answer this question is by giving spiritual direction a go.

Often the first few sessions with a director are a trial for both of you. Together you will discern: What are my hopes for this time? Is this relationship a good fit? Do I sense spiritual direction will be helpful to me?



Is there a cost?

Spiritual direction is a ministry freely offered. Any payment that is made is seen as a free-will thank offering, not a payment “for services rendered” in the business sense. With this in mind, please consider the following:

- Spiritual direction is part of the ministry offered by Christine in her placement at St. Andrews by the Sea Uniting Church.
- Those who desire to enter into a spiritual direction relationship are invited to consider how they can support this ministry with an offering to St. Andrews. The wider spiritual direction community of Australia suggests \$65 per session.
- Those who have extra financial resources are encouraged to reflect on what income you derive from one hour of your paid work. That amount might be the amount you give to your director.

In spiritual direction, people usually meet one-on-one with a director, once a month, for about an hour.



Through spiritual direction, people may

- **discover meaning and hope** – through telling their story
- **find the sacred in all things** – by reflecting on life, readings and their spiritual practices
- **be alert to the beauty as well as the pain of all creation** – through growing awareness and compassion
- **be open to the Spirit of truth** – in discernment and decision making

Christine Gilbert is a Minister of the Uniting Church in Australia. She holds a Bachelor of Arts from Hope College in Holland Michigan (USA) and a Masters of Divinity from Western Theological Seminary also in Holland Michigan.

Through her own firsthand experience, Christine knows the potential for spiritual direction to encourage growth, bring peace, and give guidance for life's everyday and extraordinary decisions.

Christine received her training and formation through a four-year program in Spiritual Direction at the Living Well Centre in Melbourne.

Contact

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Considering Spiritual Direction



Noticing...

Listening...

Attending...

Loving...

Living...