

SPIRITUAL DIRECTION IS A COVENANT FRIENDSHIP BETWEEN CHRISTIANS IN WHICH ONE ASSISTS THE OTHER IN THE DISCERNMENT OF GOD'S PRESENCE AND THE CONTEMPLATIVE LIVING OUT OF GOD'S CALL. COVENANT FRIENDSHIP IMPLIES THE IMPORTANCE OF RELATIONSHIP AS CORE OF THE CHRISTIAN LIFE. WE ALL NEED HELP FROM OTHERS IN ORDER TO LISTEN TO AND RESPOND TO GOD. Howard Rice



Sr. Celeste Cotter, CSJ belongs to the Congregation of St. Joseph. She has a certificate in spiritual direction from Creighton University and has assisted people in their faith journeys in parish and diocesan life, prison ministry, and discernment of religious life.

What Is Spiritual Direction?



Spiritual Direction



Our relationship with God has as many aspects as our relationship with our spouse, family, or deepest friends. There are joys, challenges, growth, and intimacy.

Through the ministry of spiritual direction, a spiritual director walks with those who are seeking to deepen their relationship with God by helping them to explore how God is acting in their lives and how they are responding. By doing so, the seeker becomes more aware of God's presence in the deepest dimensions of his or her life and acts out of that relationship.

*As Sr. Marie Schwan, CSJ says,
"O God, your other name is Home."*

What Is Involved?

- Committing to regular prayer
- Being attentive to the movements of the Holy Spirit within
- Meeting monthly with the spiritual director or at an agreed upon schedule
- Fee as arranged

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