

WHAT ARE THE GIFTS OF SPIRITUAL DIRECTION?

- ❑ Notice and savor your own experiences 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



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San Damiano Retreat is a part of the Franciscan Friars of the St Barbara Province.

In the spirit of St Francis & St Clare and guided by the Franciscan traditions of joy, hospitality, peace, compassion, and simplicity, we offer contemporary and enriching retreats, programs, and spiritual direction in response to the changing needs of God's people.



HOW DO I FIND A SPIRITUAL DIRECTOR?

If you are seeking ongoing spiritual direction or would like to make a private retreat with a spiritual director, please call San Damiano at 925-837-9141 ext. 311.

Ministry of Spiritual Direction

“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 God tries to meet us.”

Alan Jones



The Ministry of Spiritual Direction



In the midst of a busy life, many people find it difficult to notice God's action 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.

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 his or her life and to make choices based on that awareness.

WHO ARE SPIRITUAL DIRECTORS?

San Damiano's team of directors have all received extensive training and formation in the art of spiritual direction, and bring years of experience to this ancient ministry. Our team consists of men and women, who are married, single or are members of a religious community. They have a deep commitment to ongoing spiritual formation and growth, both personally and with those they companion.

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.