



Spiritual Direction at the Cenacle Retreat House

Thank you for inquiring about spiritual direction at the Cenacle Retreat House.

Spiritual direction means different things to different people, so let us share with you some of the most frequently asked questions.

What does the spiritual director do?

Spiritual direction is a ministry in which one person helps another to explore and deepen her/his experience of and relationship with God. Each person is invited to an intimate relationship with God. We are always growing and discovering new things about our world, God, and ourselves. A spiritual director is someone with whom you can share these experiences and grow – someone who will companion you as you discern choices and decisions in your life's journey with God.

What will we talk about in ongoing spiritual direction?

You and your director will talk about prayer, about the ways we communicate with God and the ways God communicates with us. The director will help you to discern what you believe God is saying to you in prayer and your life experiences. The director will listen for God's presence in your day-to-day life and help you become more aware of God's grace.

What if my prayer life doesn't measure up to what the director expects?

Your spiritual director will encourage your prayer but will not put expectations on your prayer. Rather, the experiences and growth from your own prayer are carefully heard by the director and held with care. Your director may suggest ways of praying that may help you communicate more openly with God, but how you pray is up to you. The director listens, discerns, prays and reflects back to you what she/he hears you saying about your own relationship with God.

What if I don't feel comfortable with my director?

You always have the freedom to continue direction with another director. After a few meetings, you will both assess how the relationship is going and you can continue or make changes as you feel the need.

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What is my personal commitment?

Your commitment to the spiritual direction relationship is to bring yourself to the sessions openly and honestly, to be faithful to your personal prayer life and to be prompt for the scheduled meetings with your director. If you are unable to keep an appointment with your director, you are expected to contact her/him as much ahead of time as possible to cancel.

What is my financial commitment?

Spiritual direction is a professional service that the Cenacle Sisters and staff provide, yet we do not charge a set fee for a visit. We appreciate any offering that you are able to give. We realize that each person's financial circumstances are unique. Offerings will help ensure that the Cenacle can continue to serve the spiritual needs of all people who come here.

Whatever you are able to give – whether you are able to give or not – please know that the Cenacle Sisters and staff welcome you to receive spiritual direction.

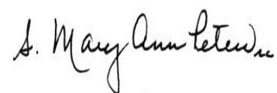
What do I do next?

We ask that you complete the enclosed questionnaire, which will help us to select a spiritual director for you. This form will also help you clarify your needs and desires as well as your relationship with God at this point in your life.

When we have received your completed form, a director will be selected. That director will contact you to arrange an initial appointment.

If you have any other questions, please call me at (281) 497-3131. In the meantime, be assured of the prayers of the Cenacle Sisters and the whole Cenacle family for you and your loved ones.

In Christ's peace,



Sr. Mary Ann Peters, rc

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