

What is Spiritual Direction?

In the journey of faith, we are called to be open and respond to the guidance of God's Spirit. Spiritual direction is a process, and the journey takes place in the context of confidential, one-on-one conversations. Spiritual direction is not therapy or counseling, but a time to reflect on and affirm your gifts and God's love and movement in your life.

Why do Spiritual Direction?

Spiritual direction offers support in understanding how God is working in your life. It helps you to integrate the many facets of your life journey, inviting wholeness and deeper self-knowledge.

What about Frequency?

Frequency of sessions will vary with the life needs of each directee. Most come once a month for about an hour.

If you experience:

- ✦ a yearning to grow in your relationship with God...**
- ✦ a desire to understand that relationship in a new way...**
- ✦ a need to discern the best choices for your life...**
- ✦ a sense of a call from God to some form of prayer or service...**
- ✦ a crisis of faith in which previous answers no longer suffice...**
- ✦ a hunger and thirst that never seems to be satisfied...**

...then Spiritual Direction may be a helpful process for you.

Spiritual Direction

What is it?

How may it assist me to grow in my relationship with God?



**Kathleen Cour, OP
Spiritual Director
217-787-0481
Voicemail Ext. 3005**



Spiritual Direction Invites you...

- ✚ to identify and trust your own images and experiences of God;
- ✚ to integrate prayer and spirituality into the flow of your daily life;
- ✚ to learn how to discern difficult life choices;
- ✚ to share struggles, losses, disappointments;
- ✚ to find encouragement and affirmation;
- ✚ to grow in relationship with God, self, others, all creation.

Spiritual Direction is about walking on the holy ground of our lives, relationships, joys, struggles...and striving moment by moment to find God in the midst of it all.

To schedule an appointment, contact:

Sr. Kathleen Cour, OP
Dominican Sisters

1237 W. Monroe St.
Springfield, IL 62704

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Approach to Spiritual Direction

- ✚ Honors spiritual direction as the work of God's Spirit in a prayerful environment for conversation, companionship.
- ✚ Explores human experience as the meeting place with God.
- ✚ Welcomes persons of all faith traditions and diverse forms of worship.

Credentials, Ministry Experience

- ✚ BA in Music Education with teaching certification, DePaul University, Chicago
- ✚ MA in Theology and Liturgy Notre Dame University, Notre Dame, IN
- ✚ Graduate Certification in Spiritual Direction, Aquinas Institute, St. Louis
- ✚ Teacher: elementary, music education, adult lay ministry formation program;
- ✚ Parish and diocesan liturgist;
- ✚ Spiritual direction and retreat ministry for eco-spirituality center, Jubilee Farm
- ✚ Dominican Leadership Team