

Spiritual Direction Is Timeless...

Spiritual direction has been part of Christian and non-Christian traditions from the very beginning. It provides people with companionship on a spiritual journey. Spiritual direction might be ideal for you if you want to :

- *pay attention to and talk about your ongoing relationship with God and all of creation.

- **place yourself freely before God and reflect on life experiences.

Typically, spiritual direction sessions are one hour long and can occur as frequently as you want or need.

A spiritual director is trained to be a spiritual guide.

A spiritual director is a trained listener and questioner, a guide for your soul. Topics for discussion and discernment are determined by you , the directee. A director does not give you answers or steer you in any one direction. Rather, a spiritual director asks questions that help you focus on what is already inside you. Together, you discover how God is at work in your life.

A spiritual directee..desires a deeper relationship with God.

As a directee, you may choose to reflect on:

- *events from your past.

- *chapters of your life story.

- *your hopes and desires.

- *your vision for the future.

- *your willingness to grow spiritually.

In choosing to participate in a spiritual direction relationship. you may begin to see, claim, receive, own and reverence God's active presence more clearly. Recognizing this presence elicits natural and genuine responses.

WHERE IS GOD IN THE MIDST OF YOUR EXPERIENCE?

Earl Mitchell ♥♥ Donna Mitchell

1662 Whispering Pines Lane

New Albin, Iowa 52160

We are enrolled in the Spiritual Direction Preparation

Program at the Franciscan Center in La Crosse, Wisconsin

Spiritual Direction: is a interpersonal relationship where one person assists another to reflect on his/her own experiences with God.

**WE NEED YOU, WE ARE IN OUR CLINICAL STAGE OF OUR
PROGRAM AND NEED TO PRACTICE LISTENING AS
SPIRITUAL DIRECTORS TO GRADUATE. SESSIONS ARE ONE
HOUR IN LENGTH AND ARE FREE!**

Have YOU ever experienced a CHANGE in self perception?

Have YOU ever experienced a YEARNING for God?

Have YOU ever experienced a faith TRANSITION?

Have YOU ever experienced the flow of LIFE?

Have YOU ever experienced a LOSS?

Have YOU ever CONSIDERED Spiritual Direction?

PLEASE CALL US OR EMAIL US

TO ARRANGE AN APPOINTMENT

319-202-2410 cell 563-544-4402 home
earlmitch@hotmail.com♥♥dmitchell0627@hotmail.com

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“Earl has been a listening presence all his life.”

**Earl and Donna have completed the lay ministry formation program.
Donna has been a Registered Nurse for over 31 years and is certified as
a Faith Community Nurse and a Healing Touch Spiritual Minister
Practitioner.**

We pray to listen to how the Holy penetrates your life.

**To US spiritual direction is like a slow cooker
in a microwave world.**

**“Were not our hearts burning inside us as he talked to us
on the road and opened the scriptures to us?” Luke 24:32**

Let Your Spirit Be Healed