

## Christos Center for Spiritual Formation . . .

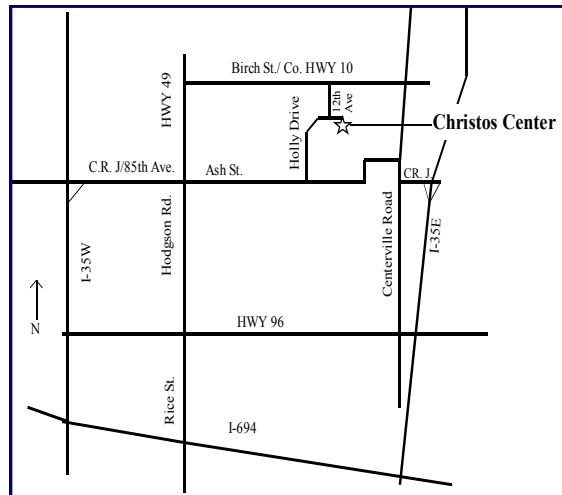
Seeks to encourage and support others in their relationship with God through:

- Individual and group spiritual direction
- Workshops/Retreats
- Teaching on prayer, meditation and Christian spirituality
- A nine-month experience of personal spiritual deepening based on The Ignatian Exercises  
Available to distance learners
- A two year Spiritual Direction Program preparing people for the ministry of spiritual direction  
Available to distance learners
- Christos Formation Network:  
Helping Churches with Spiritual Formation
- Pilgrimage: Local and Abroad  
Traveling retreats
- A facility with a secluded, restful atmosphere where people can come away, rest, pray and grow
- Presenters for classes, seminars and retreats upon request

## Teaching Faculty:

Tom Allen	Brad Holt
Steve Arnold	Debbi Horton
Jeannette Bakke	Dan Johnson
Dwayne Beidelman	Dee Menning
Nancy Blanski	Joann Nesser
Joyce Finch	Janet Palmer
Janet Hagberg	Steve Simmons
Lisa Harrell	David Strootman
Patricia Hendricks	

Christos Center is a great place to come for staff, board, or other group meetings. We are only 25 minutes from either downtown Mpls. or St. Paul. **Christos Center is a fragrance free and smoke free facility.**



**Christos Center for  
Spiritual Formation**  
1212 Holly Drive  
St. Paul, MN 55038  
651-653-8207  
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[www.christoscenter.org](http://www.christoscenter.org)

# The Ministry of Spiritual Direction



**Christos**  
Center for Spiritual Formation

## SPIRITUAL DIRECTION

Today in our stressful, busy society there is a search for meaning and for deeper spiritual life. As people turn to God for answers and for depth, they often find it helpful to have someone journeying with them. Sometimes that person is a spiritual director.

Spiritual direction is a process of asking the question: "Where is God in my life?" It is a process of listening to God with the help of another person who invites one to focus on the experience of God. Any aspect of life can be brought into a spiritual direction relationship:

- questions of faith and values
- prayer life
- relationships
- major decisions
- joys and sorrow
- grief and fear
- celebrations and victories
- life transitions

## A SPIRITUAL DIRECTOR . . .

is one who is prepared through training, experience and spiritual formation to help another in his or her spiritual life. Not a counselor or an advice giver, a director is a listener and guide who can help a person notice, discern and respond to God's invitation

- to growth
- to change and simplicity
- to freedom and love
- to wholeness
- to trust

## SPIRITUAL DIRECTION

Is available through Christos Center for Spiritual Formation. Our directors are mature Christians who have completed a two-year Spiritual Direction and Personal Formation Program. They continue in supervision and on going education.

The suggested fee for a one-hour individual session is \$60.00. However, we will turn no one away for financial reasons.

Christos Center also offers group spiritual direction. Group size is three to five people plus one trained spiritual director. The fee is \$20.00 per one hour session.

Contact Christos Center for Spiritual Formation for more information or for an application. When you return the application to us, we will prayerfully arrange for you to meet with one of our directors.

## CHRISTOS CENTER FOR SPIRITUAL FORMATION

is an ecumenical Christian ministry that encourages the life of prayer and ongoing spiritual development of the whole person through the historic contemplative traditions of prayer, discernment, spiritual guidance, silence and solitude. We believe these practices enrich and support one's life in God, family, church and society.

*Christian Spiritual Direction is the help given by one Christian to another which enables that person to pay attention to God's personal communication to him or her, to respond to this personally communicating God, to grow in intimacy with God, and to live out the consequences of the relationship.*

The Practice of Spiritual Direction  
William Connolly