

Spiritual Direction Available at St. Paul

As part of my training to be a spiritual director, I've been asked to find a few people who are interested in having a spiritual director. After participating in spiritual formation for many years, I've been engaged in extensive formative training to enhance my knowledge and skills. A spiritual director is one who doesn't "direct" you, so much as companion you as a contemplative listener to help you notice what God is up to in your life.

Spiritual direction involves a confidential, prayerful, 1:1 meeting once a month. One shares their experience of God, and while listening prayerfully, questions are raised, and you are gently supported on your journey of seeking God. Spiritual direction helps one focus and intensify their journey with God and prayer life. If you think you'd be interested, please call 306-9499 or email mwheeler@stpaulomaha.org, and we can discuss if this is a commitment that would be right for you and me. Feel free to pass this information on to others.

Rev. Marta Wheeler