

Who are our Spiritual Directors?

- All of our Spiritual Directors have graduated from established spiritual direction programs and are committed to continued learning.
- We require our spiritual directors to be in spiritual direction themselves, both personally and professionally.
- Our Spiritual Directors have committed to abide by the Spiritual Directors International Guidelines for Ethical Conduct.

To schedule an introductory interview, call 585-473-6893 ext. 103, or email: jkearney@mercyspiritualitycenter.org

Mercy Spirituality Center

A retreat center
for people of all faiths



We are committed to the radical belief that each of us needs time apart to find, deepen, or refresh our connection to what matters most in life.

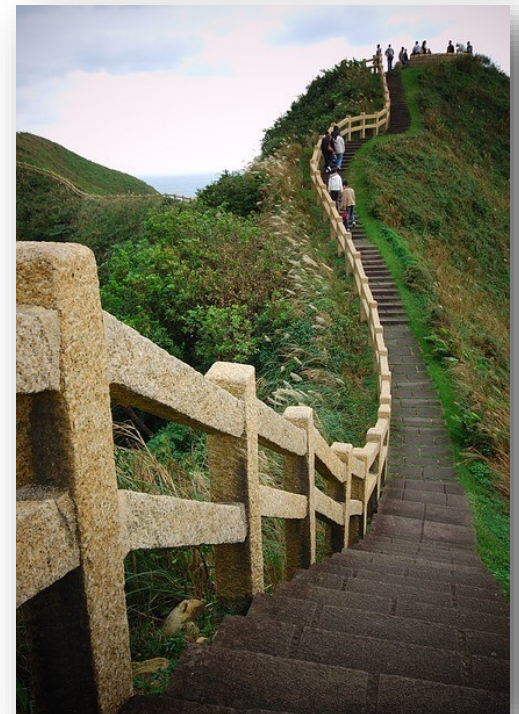


Mercy Spirituality Center
65 Highland Avenue
Rochester, NY 14620
585-473-6893
info@mercyspiritualitycenter.org
www.mercyspiritualitycenter.org

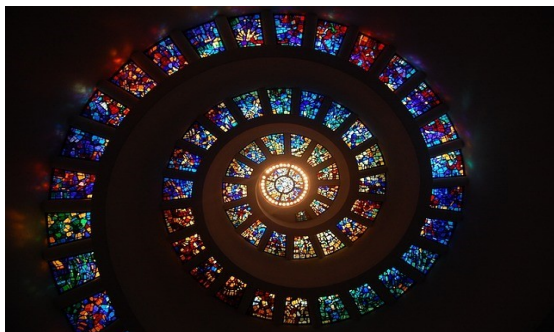


Spiritual Direction

For anyone seeking balance,
purpose and deeper intimacy
with God



Mercy Spirituality
Center



What is Spiritual Direction?

Spiritual direction is an unhurried conversation between a seeker, guide and the Spirit. Through deep listening, your spiritual director will help you listen to that still, small, voice, and discern how the Spirit is moving in your life.

- All conversation is confidential.
- A session typically happens once a month and is about one hour long.
- **Sessions can be done virtually via ZOOM**

Spiritual Direction is not counseling.

Your spiritual director will not diagnose or fix problems, prescribe a certain way of living, or tell you what to do. In spiritual direction, the focus is on understanding your true self as created in the image of God and understanding your relationship to Spirit.

Who is spiritual direction for?

- Anyone who wants to grow in intimacy with God, self and others.
- Anyone who is longing for more.
- Anyone who desires core healing and greater freedom.
- Anyone seeking discernment in making a decision
- Anyone who wishes to find his/her true self.



Finding the holy in the ordinary

You are invited to bring whatever arises in your prayer to spiritual direction. As Henri Nouwen writes, "...the validity of the questions does not depend on the availability of answers but on the questions' capacity to open us to new perspectives and horizons."

Is there a fee?

The initial meeting is free. After that, the base charge for each session is \$45. If you are not able to pay the base rate, please contact us. If you are able to pay more, we gratefully accept "Pay It Forward" payments to help support this work.

Companionship: we will walk with you.



The journey toward God is not meant to be a solitary one. We will help you find a director who is a good fit.

Our spiritual directors work from a variety of perspectives and we welcome people of all cultures, genders, sexual orientations, faith traditions, and races. We seek to provide a safe non-judgmental place where you feel comfortable sharing your story.

We also offer support and enrichment for spiritual companions. Including group and one-on-one supervision.

