

# Spiritual Growth



River House IHM, Spirituality Center offers resources for spiritual growth for those who wish to explore the unfolding mystery of God in their lives.

We provide spiritual direction, retreats, educational programs and prayer in a contemplative setting of natural beauty.

In this spirit, we seek to help people deepen their awareness of God's activity and potential in their everyday lives. To explore the personal experience of God is also to touch into the universal desire for God, expressed in every culture throughout human history.

Rooted in the Judeo-Christian tradition and its dialogue with other spiritual traditions and the contemporary world, River House – IHM Spirituality Center is open to all spiritual seekers.

*For more information or to make an appointment, please contact:*

**River House  
IHM Spirituality Center  
805 W. Elm Ave.**

**Monroe, MI 48162**

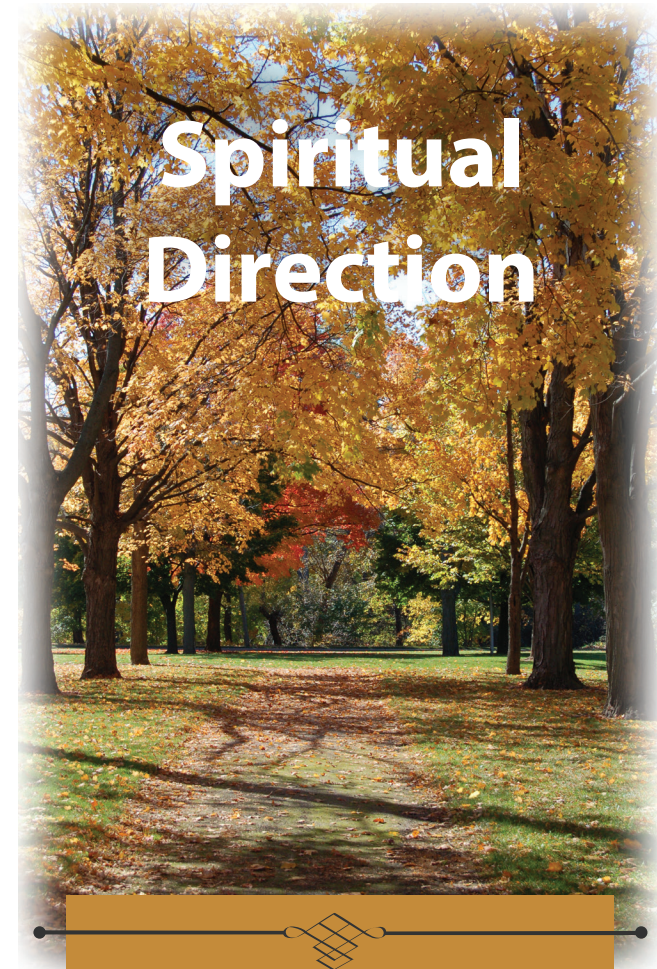
**734-240-5494**

**[riverhouse@ihmsisters.org](mailto:riverhouse@ihmsisters.org)**

**[ihmsisters.org](http://ihmsisters.org)**



## Spiritual Direction



**SPIRITUALITY  
ON CAMPUS**

# Spiritual Direction

Spiritual direction is an opportunity for individuals to talk about their lives and their experiences of God with a person specially trained in areas such as theology, pastoral ministry and interpersonal communication.

The spiritual director, also called a spiritual companion or guide, listens and explores with the person the signs of God's activity in his or her life and where God may be calling the person.

Spiritual direction is offered at River House – IHM Spirituality Center. In metropolitan Detroit, Visitation North offers this ministry.

Spiritual direction is also available as part of individual and group retreats at River House and at other locations by arrangement.

## Frequently Asked Questions

### ■ I'm not familiar with spiritual direction. What is its history?

Spiritual direction is a centuries-old practice in Christianity. In earlier times, spiritual direction typically was sought by women and men who were in some form of religious life. But in more contemporary times, increasing numbers of lay people are seeking spiritual direction as a path to further their spiritual growth.

### ■ How do I know if spiritual direction would be helpful to me?

Spiritual direction is for anyone who desires a more intimate relationship with God in everyday life. It may be especially helpful when making major life decisions.

### ■ What if I'm not affiliated with a particular religion or spiritual tradition?

Spirituality isn't confined to any one religion, nor is the experience of God felt only in church. While religion offers a tradition, a context, in which to nurture one's faith, the experience of God happens within the person. As well, people may have different images of God based on their experience – God as Father and Mother; God as revealed in Jesus or experienced in the Holy Spirit; God as the Holy or the Sacred; God as Energy, Light or Life. River House IHM - Spirituality Center strives to accompany people on their spiritual journey, and we welcome all who are engaged in the quest for God.

### ■ How often and for how long would I meet with a spiritual director?

That's up to you. Typically, people meet with a spiritual director once or twice a month for an hour or so. You might choose to meet with a spiritual director for a month or two, or as an ongoing part of your spiritual life.

### ■ What type of professional training does a spiritual director have?

All spiritual directors on campus have certificates in spiritual direction. That means they have completed academic study and training at centers and institutes that specialize in spiritual direction. Some of our spiritual directors are also qualified to provide supervision to directors-in-training. Our spiritual directors come from a variety of backgrounds, enabling them to bring a wide range of experience to their role as listeners and spiritual companions.

### ■ How do I choose a spiritual director?

Usually, a person schedules an initial meeting with a director. If you are unfamiliar with the spiritual directors on campus, a staff member can provide information to guide your choice. At the first meeting, you and the director discuss the process of spiritual direction and your hopes and desires for engaging in spiritual direction. By mutual agreement, you and the spiritual director decide about future sessions.

### ■ Is there a fee for spiritual direction?

Our goal is to make spiritual direction available to anyone who seeks it, so our fees are flexible. We suggest \$40 to \$50 per session from those with financial means. Those whose life situation is different may donate at the level possible.