

## *Training and Certification for Spiritual Directors*

Spiritual directors complete a two year intensive training program in spiritual companioning, holy listening and contemplative practice.

Spiritual directors are accountable through peer supervision and continuing education courses and retreats.

Many of our spiritual directors have completed seminary training and hold Professional Certification in Spiritual Formation and Spiritual Direction in the United Methodist Church.

FUMC is unique in that it has a number of spiritual guides available for consultation.



*“The whole purpose of spiritual direction is to penetrate beneath the surface of one’s life, to get behind the facade of conventional gestures and attitudes which one presents to the world, and to bring out one’s inner most spiritual nature and freedom, one’s inmost truth, which is what Christians call the likeness of Christ in one’s soul.” Thomas Merton, O.C.S.O.*



### **Spiritual Directors**

*First United Methodist Church*

**Cherri Johnson    Cindy Mann**  
**Margaret Johnson    Clay Johnson**  
**Bob Leitner    Mary Rotenberg**  
**Patty Rives    Todd Barlow**  
**Stacy Garrett    Rev. Dr. Lisa Baumgardner**

*A person fully alive is fully alive to God  
in heart, mind, body and soul.*

*Thomas Merton O.C.S.O*

**Contact:**

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***Spiritual Direction***  
**A ministry of  
spiritual formation and  
maturation in becoming a  
whole and holy individual**



*Within each of us lies the desire to find  
real meaning and purpose in life and to  
grow in the knowledge and wisdom of  
God.*

*A spiritual director can assist you on that  
journey of self-discovery and Christian  
Spiritual Formation.*

## *Companions on A Journey*

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*What is Spiritual Direction?*

Spiritual Direction is both an ancient and current ministry of the Christian church.

Spiritual direction is a means of grace for deepening and understanding one's relationship with God in all life circumstances.

In the Methodist tradition the foundation for spiritual direction was laid by founding father, John Wesley. Wesley believed the most important question is: How is it with your soul? How is your life with God?

Meeting with a spiritual director you have the freedom to ask questions and to encounter, explore and deepen your experience of God.

As we deepen our experience of God we become more the people God created us to be.

## *Some Benefits of Spiritual Direction*

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- Identifying, and trusting your experience of God in all life circumstances.
- Greater awareness of God's presence and action in your life, in your family and in the world
- Maturation in the fruit of the Spirit—love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control.  
(*Galatians 5:22*)

You and your spiritual guide will agree on a convenient time and location in which to meet.

What is shared between you and your spiritual director is always held in strict confidence.

## *Spiritual Direction Responsiveness to God*

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A spiritual director does not "direct" in the sense of giving advice or fixing a problem. A spiritual director listens deeply and by asking open ended questions, you find the freedom to explore and understand your relationship with God.

A spiritual director may offer spiritual practices and other resources that enhance and enrich your journey.

Spiritual direction honors the power and work of the Holy Spirit in each individual's life.

Spiritual direction allows the gift of the Holy Spirit to shine in us and through us with wisdom, grace and truth.

*Wisdom consists not in seeing what is directly before us, but in discerning those things that come from the heart of God.*