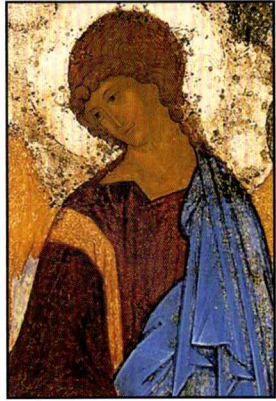


What is Spiritual Direction?

Spiritual direction is a confidential ministry of compassionate accompaniment and guidance in the spiritual life. The spiritual director "directs" your attention to how God is moving in your



life, how He is gifting you, and how you are responding to His call.

Spiritual direction helps you to be led by the Spirit and avoid pitfalls, as you experience ongoing and deepening conversion, moving gradually toward the

summit of Love -- "the full stature of Christ" (Eph 4:13).

It is love alone that counts.

- Saint Therese of Lisieux

Is Spiritual Direction for you?

Pope Emeritus Benedict XVI recommended spiritual direction to all who wish to live their baptism -- "the new life in Christ" -- responsibly. If you desire a deepening of your relationship with God, consider exploring the possibilities through spiritual direction.

***Let your religion be less of a theory
and more of a love affair.***

- G.K. Chesterton

How does it differ from counseling?

Although relationships and struggles are often discussed in spiritual direction, the emphasis is not on problem-solving, but rather, on discovering how God is moving in the midst of these very situations, and in the whole of your life.

How frequent are the meetings?

Typically, people meet for spiritual direction monthly, for an hour. Some choose to meet more frequently, especially at first. The frequency of sessions is your choice.

What happens in a session?

Through prayerful conversation, the spiritual director helps you to deepen your awareness of God's presence and action in your life -- and to respond with greater freedom, attentiveness, and commitment to His love and mercy.

Over time, the spiritual director helps you to navigate this journey in a number of ways, offering suggestions for spiritual reading, methods of prayer, and spiritual practices, as well as praying for you between sessions.

The process of spiritual direction gradually unfolds under the continual promptings of the Holy Spirit, who is, ultimately, the Spiritual Director.

***Christian spirituality is distinguished by the
disciple's commitment to become
conformed ever more fully to his Master.***

*- Saint John Paul II
Apostolic Letter on the Rosary of the Virgin Mary*

What are the potential benefits?

- Growth in intimacy with the Father, Son, and Holy Spirit;
- Greater freedom and authenticity;
- Deepening of your prayer life as a way of being, not just something you do;
- Clarity in discernment;
- Balance among competing priorities;
- Integration of the mysteries of Christ in daily life;
- Deeper fidelity to your vocation;
- Abundant joy in God's Will.

The fruit of silence is prayer.

The fruit of prayer is faith.

The fruit of faith is love.

The fruit of love is service.

The fruit of service is peace.

- Blessed Teresa of Calcutta

Is there a fee?

A customary offering of \$50 per session is appreciated, and is adjustable, according to your means.

I have called you by name...

- Isaiah 43:1

"...the **Risen Jesus** walks along the streets of our life and **sees us** immersed in our activities, with all our desires and our needs. In the midst of our everyday circumstances He continues to speak to us; He **calls us** to live our life with him. ...

"Today... Jesus continues to say, "**Come**, follow me" (Mk 10:21). ...

"Following him means immersing our own will in the will of Jesus, truly giving him priority, giving him pride of place in every area of our lives: in the **family**, at **work**, in our **personal interests**, in **ourselves**.

"It means ... living in **profound intimacy** with Him, entering through Him into **communion** with the Father in the Holy Spirit, and consequently with our brothers and sisters.

"This communion of **life with Jesus** is the privileged 'setting' ... in which life will be **full** and **free**."

- Pope Emeritus Benedict XVI

*On that day you will realize that
I am in my Father
and you are in Me
and I in you.*

- John 14:20

The Spiritual Director

Carol Morel is an active spiritual director, retreat leader, wife and mother, and retired homeschooler.



Carol obtained a Master of Arts in Church Ministries, with a focus in Spirituality, from the Ecumenical Institute of Theology at St. Mary's Seminary and University in Baltimore, Maryland.

A member of St. John the Baptist Catholic Church in New Freedom, PA, Carol has served her Diocese through a variety of ministries over the years. These include faith formation; marriage preparation; discernment of gifts for the New Evangelization; small group facilitation with *lectio divina*; prayer groups; and retreats, programs, workshops, and presentations on various topics integrating faith and life.

Carol is a member of Spiritual Directors International and subscribes to their ethical standards, remaining faithful to the Magisterium in all matters.

For more information or to schedule an appointment, please call (717) 993-3680 or email PraiseTheHolyTrinity@verizon.net.

Do not conform yourself to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect.

- Romans 12:2

SPIRITUAL DIRECTION

Carol Morel, MACM

*Master of Arts in Church Ministries,
with a focus in Spirituality*



Holy Trinity, Andrei Rublev (1425-1427)

**God has revealed His innermost secret:
God Himself is an eternal exchange of love,
Father, Son, and Holy Spirit,
and He has destined us
to share in that exchange.**

- Catechism of the Catholic Church, sec. 221