

WHAT IS A SPIRITUAL DIRECTOR?

The ministry of spiritual direction is a specific call by God to act as spiritual companions to others on their faith journey. The director has usually been professionally prepared in areas that include Scripture, theology, human development, listening skills, history of spirituality, prayer and other Christian disciplines. A spiritual director is also a seeker on the way, desiring to be an instrument of God. They usually know they're called because people want to tell them their faith stories. Ideally, a spiritual director abides by a code of ethics and conduct and is supervised in their ministry

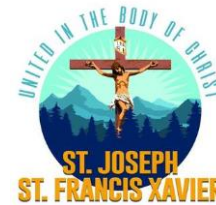
WHO SEEKS SPIRITUAL DIRECTION?

Some of the reasons you might seek out spiritual direction are:

- a growing desire to know God personally rather than simply knowing about God
- to identify and learn to trust your experience of God
- reflect deeply on the experiences of your daily life in order to integrate spirituality into the whole of life
- discern a life choice or transition in life
- discuss what's coming up in prayer or guidance in struggles with prayer
- to deepen an already existing relationship with God, or, any areas of life that call for spiritual reflection



Spiritual Direction



St. Joseph's & St. Francis Xavier
Roseburg & Sutherlin, Oregon

WHAT IS SPIRITUAL DIRECTION?

Spiritual direction is an historically rooted ministry of the Christian tradition and is present in the practices of the Church today. In brief, it is a confidential relationship with a trained guide, either one-on-one or in a small group, to reflect on your spiritual journey and help you become more aware of the presence and activity of God in your life, and help you respond in freedom to God's loving presence. Sometimes a spiritual director is called a spiritual companion, or soul friend. The Holy Spirit is the actual spiritual director.

PARISH SPIRITUAL DIRECTORS



Terry Christenson

Spiritual Director

541.430.1903 | terrychristenson@hotmail.com

It is a joy and privilege to journey with others as they listen, notice and share God's invitations and grace in their lives. I've offered spiritual direction as a contemplative and reflective process for over 15 years and am humbled by God's continued fidelity to me in this ministry. My background includes training with the Benedictines and San Francisco Theological Seminary as well as being a wife, mother and grandmother.

Gerry Crane

Spiritual Director

541.670.8085 | geraldynhelps@gmail.com

If the direction you long for is an orientation to God's Presence and action in your life, take a pause on your journey to listen to your heart in the company of a trained spiritual director. I have experience with women and disabled parishioners. My background is in health care. My own journey as a wife, mother and grandmother has been enriched by time spent in conversation and listening for God's movement in my life. I am happy to accompany your own exploration to this end.

Michelle Hundley

Spiritual Director

541.580.2805 | piperhundley@gmail.com

Companioning with another on their spiritual journey is an honor and privilege for me. I offer a listening heart and a gentle, encouraging presence in a one-on-one setting. I received my two year training from the Benedictine Sisters in Mt Angel. I also have experience in Franciscan Spirituality. I am a retired school teacher, wife of over 34 years, and mother of 5.

Randel Livingood

Spiritual Director/Pastoral Counselor

541.218.4387 | antonio04152017@gmail.com

I have 27 years of experience as a spiritual director & pastoral counselor. I served as a Navy Chaplain in positions ranging from major medical centers to forward deployed naval vessels during the Iraq/Iran conflicts. I retired in 2005 and moved to Grants Pass, Oregon where I served as a hospital chaplain at Three Rivers Medical Center and Supervising Chaplain for Lovejoy Hospice until 2016. I've also provided Spiritual Direction in the communities of Grants Pass and Shady Cove Oregon. In addition to this experience serving others, I have four units of Clinical Pastoral Education, advanced degrees in theology and Pastoral Counseling, and post-doctoral work in mental health counseling. I am married to the former Kristie Russell & we reside in Roseburg, Oregon. I am a member in good standing of Spiritual Directors International.

For more information or to schedule an appointment, please contact one of the spiritual directors above by calling or emailing.