



Learning Resource Guide: Finding a Spiritual Director

What is spiritual direction?

"Spiritual direction is the practice of being with people as they attempt to deepen their relationship with the divine. In spiritual direction, space is created for one to learn and grow in their spirituality. The person seeking direction shares stories of his or her encounters of the divine, or how he or she is experiencing spiritual issues. Spiritual direction nurtures a deeper relationship with the spiritual aspect of being human. It is not counseling, psychotherapy, or financial planning." –Wisdom Ways

Resources to help you find a spiritual director

Spiritual Directors International offers a complete seek and find guide to assist you in selecting your own spiritual director. You can access these resources here:

<https://www.sdiworld.org/find-a-spiritual-director/seek-and-find-guide>

One of the most important things for you to consider in your process of finding a spiritual director is scheduling an initial meeting to see if the relationship is a "fit". Someone seeking spiritual direction may want to try out a few different directors before settling on one.

Other listings of local spiritual directors:

Current Minnesota Annual Conference clergy who are also certified as spiritual directors include:

1. Karen Bruins karen.bruins@lakeharrietumc.org
2. Clay Oglesbee clay.northfield@gmail.com
3. Martha Postlethwaite martha@therecoverychurch.org
4. Alison Hendley alisonhendley@yahoo.com (Deacon, California Nevada conference, working in MN)

Note: Please contact Jody Thone if you are a certified spiritual director and want to be added to this list.
jody.thone@minnesotaumc.org

Wisdom Ways offers programs to explore the spiritual dimensions of contemporary life for women and men and to re-imagine and embody all that women can be as agents of transformation in church and society. Get started at:
<https://wisdomwayscenter.org/community/spiritual-direction-resources/>

Loyola Spirituality Center in St. Paul offers spiritual direction as part of their mission to Re-Imagining the Spiritual Journey. You can find resources and a listing of their spiritual directors at:
<http://loyolaspiritualitycenter.org/spiritual-direction>

Questions to ask a prospective spiritual director

Spiritual Directors International recommends you ask each person you interview to become your spiritual director questions such as:

1. What spiritual formation and theological education do you have in spiritual direction?
2. What is your personal experience tending your own prayer, meditation, and contemplative life?
3. What is your experience as a spiritual director? How many years? In what environments? What are you most interested in spiritually?
4. How do you continue your education and supervision for your spiritual direction ministry and service?
5. What ethical guidelines do you abide by, such as those published by Spiritual Directors International? Have you ever been accused or convicted of misconduct?
6. What type of engagement agreement will we establish to clarify roles and responsibilities in our spiritual direction relationship?