

Spiritual Directors at the **Benedictine Peace Center**

Spiritual directors are individuals who are called to this ministry by a God-given gift and who have engaged in extensive formative training to enhance their knowledge and skills.

Your spiritual director is one who doesn't "direct" you so much as companion you as a contemplative listener to help you notice what God is up to in your life.

Conversations occur in a prayerful, confidential, one-to-one meeting with your director. Meetings with your spiritual director are typically scheduled once a month.



Benedictine Peace Center

E-mail or phone us to connect
with one of our spiritual directors.

**BenedictinePeaceCtr@
yanktonbenedictines.org**

or 605-668-6292

**[www.yanktonbenedictines.org/
retreat-center](http://www.yanktonbenedictines.org/retreat-center)**

Is
**SPIRITUAL
DIRECTION**
FOR YOU?

**Explore your experience of
God with a trusted guide.**



**Benedictine Peace Center
Yankton, SD**

Explore your EXISTENTIAL THIRST for something deeper; begin SPIRITUAL DIRECTION.

“Spiritual direction” is an ancient practice of meeting on a regular basis (usually monthly) with a trusted companion-guide to reflect deeply on your relationship with God. As you ponder with the help of a trained listener who is also walking this faith journey, you recognize God’s presence and grace in your daily life of ordinary responsibilities.

It can be an opportunity to experience God’s unconditional love for you—just as you are, wherever you are on this journey. Spiritual direction can be an avenue of



drawing closer to God and responding ever more faithfully to God’. Spiritual direction is *not* about solving problems—although life issues that challenge us certainly have a place in the conversations with your director. Spiritual direction is best understood as a relationship in which you come to more readily notice God’s presence and discern your response to God’s love.



How to Begin....

To begin the journey of spiritual direction with one of the spiritual directors at the Benedictine Peace Center—

- ◆ Contact us by e-mail or phone.
- ◆ Express your desire to begin spiritual direction.
- ◆ Let us know whether you have a particular director in mind.
- ◆ Feel free to ask questions about the nature of spiritual direction, appropriate donation, frequency of meetings or any other concerns you may have.

*We welcome
your inquiries.*



“The whole purpose of spiritual direction is to penetrate beneath the surface of a person’s life, to get behind the façade of conventional gestures and attitudes which one presents to the world, and to bring out one’s inner spiritual freedom, one’s inmost truth....”

Thomas Merton

Contact Us

Benedictine Peace Center

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1005 West 8th Street

Yankton, SD 57078

