

Ministry Purpose

Beyond the provision of information and emphasis, the Spiritual Direction Network will serve as a referral source for anyone seeking information about Spiritual Directors who have committed to work from an inclusive perspective.

Additionally, because the cost of traditional Spiritual Direction is often beyond the reach of Seminarians, In-Care persons and Clergy in transitional or small church situations, the Network will also seek to ensure a pool of Spiritual Directors who are committed to making Spiritual Direction available for all who desire it.

Finally, the Spiritual Direction Network will serve as a supportive arena for Spiritual Directors within MCC by providing for open discussion, and resources for continuing education and professional development.

Guiding Principles

- Spiritual Transformation is the unfolding of the individual's relationship with the Sacred, Divine or Holy. Spiritual Transformation takes place in communal activities such as "church"; and, in individual spiritual practices and journeys.
- There are many ways to understand and express both this relationship and the individual's understanding of the Sacred. No one way is the right way and all ways lead to greater understanding. Diversity will be cultivated and celebrated.
- Spiritual Direction is the walking together of two or more people on the journey of spiritual transformation where one is seen as a Guide who primarily asks questions and observes the way Spirit is working in the directee's life. Their role is not to "direct" per se, but to serve as a Spiritual Friend or a Soul Friend.
- The context of Spiritual Direction should be inclusive of all traditions, cultures, and social and economic statuses. With regard to economic differences, the Spiritual Direction Network will make every effort to provide Spiritual Direction to all those who desire it.



MCC
METROPOLITAN
COMMUNITY CHURCHES



Spiritual Direction
Network

Affirming the
individual spiritual
journey in
everyone...



www.mcccchurch.org

What is Spiritual Direction?

Spiritual direction, sometimes referred to as spiritual guidance, spiritual companionship or spiritual friendship, is an ongoing relationship in which one person (the directee), wishes to spend some intentional time being attentive to their spiritual life, meets with another person (the director) on a regular basis (approximately once a month), specifically for the purpose of becoming more attuned to the presence of the Sacred, Holy, or God in order to understand and respond more fully to that Presence in all of life.

The primary focus of the session is the directee's experience of the Sacred as it is reflected, impacted, and challenged by all aspects of each person's life. All experiences of the Sacred will be honored.

The director may question, challenge, suggest, support, as seems called for by Spirit, but it is the directee's prayerful openness to Spirit that determines whatever insights are uncovered or the course of action that is to be taken.

It is assumed that the directee has begun

a journey with God long before they come into direction. Also, this intentional journey will continue long after leaving a particular director. The director is only a facilitator in the process. The directee must claim the journey.

Statement of Purpose

Because we affirm the importance of the individual's spiritual journey and formation, the MCC Spiritual Direction Network has been formed to bring emphasis to the ministry of Spiritual Direction within MCC.

Further, the Network has been formed to provide information and guidance to MCC'ers worldwide about the nature and purpose of Spiritual Direction and to provide a list of Network Members to those seeking Spiritual Direction within an MCC or inclusive context.

This Network will bring significant attention to the Internal or Contemplative nature of Spiritual Formation making it a perfect companion for other resources available in MCC such as "Creating a Life that Matters" and the L.E.A.D. program for leadership development.

“We stand before a burning bush whenever other human beings share with us something of their relationship with God or something of the movements of their hearts. In such moments may we always realize that we stand on holy ‘ground’.”

Margaret Silf

For more information regarding either serving on the Spiritual Direction Network or to request an assignment to a Spiritual Director, please contact the Coordinator of the Spiritual Director Network, Rev. Elder Mona West, Ph.D at RevMonaWest@MCCchurch.net or visit our webpage at <http://ofld.mccchurch.org> and go to the Programs tab.