

Maybe it would help to talk to someone?

The idea of having a spiritual companion or mentor goes back to the early centuries of Christianity. The desert fathers and mothers were under the guidance of a spiritual *abba* or *amma*, and the Celtic monks found it helpful to have a soul friend. St. Benedict advised that a *senepctae*, a wise older monk, speak to an erring brother.



Today, spiritual direction sessions can help you listen more deeply to God in prayer and to see how God is speaking to you in the events of your life. Pastoral counseling is available to help you deal with grief and the stresses of life from a Christian perspective.

To schedule an appointment
contact the Sisters at
573-446-2300

Come away to a quiet place and rest awhile!



Sister Mary Jo Polak, received her training in spiritual direction from the Shalem Institute of Spiritual Guidance, Washington, DC, and also holds a Certificate in Monastic Studies from St. John's University, Collegeville. Her pastoral theology studies were done at St. Meinrad, Indiana. She is also a licensed professional counselor, and can be seen in that role through Listening Hearts Counseling Services, LLC, at (573) 529-6939.



What is spiritual direction?

Outside of retreats, a person may also seek spiritual direction, an ongoing relationship of mutual contemplative listening to the work of God in the life of the directee. The directee may be discerning God's call in their life, seeking to deepen their prayer, or increase their awareness of God in the happenings of daily life. Some may prefer to call the director a spiritual guide, friend, or companion.

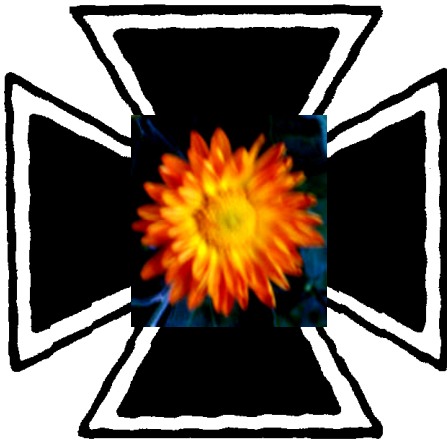
What is pastoral counseling?

Pastoral counseling is a faith based counseling process, usually dealing with short term problems. Persons experiencing stress, grief, or problematic relationships may find pastoral counseling supportive in getting through times of challenge.

What should I expect?

In both spiritual direction and pastoral counseling, the relationship is confidential, professional, and conforms to the ethical standards of that profession. To compensate the sisters for their time and training, a donation of \$25 - \$50 per session is suggested.

**Get Centered!
Get Focused!**



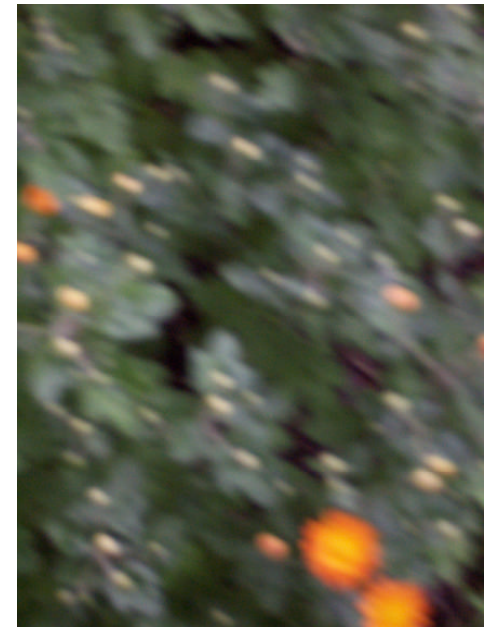
To contact the sisters, write

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**All of the Sisters at
Our Lady of Peace offer you
listening hearts and support you
with their prayers.**

Is your life feeling kind
of off

center



and out of

focus?