



WHAT IS SPIRITUAL DIRECTION?

A monthly opportunity sponsored by Newman Catholic Campus Ministry that will provide an opportunity to...

- ❖ *Reflect, and focus on my relationship with God*
- ❖ *Explore and clarify what I believe*
- ❖ *Re-define who I am and who I am becoming*
- ❖ *Confide and have a conversation with a spiritual companion who shares common values*
- ❖ *Provide time to step back, pause, make connections and share insights*
- ❖ *Receive support in my faith journey*
- ❖ *Share questions, struggles and life issues*
- ❖ *Explore next steps in my life*
- ❖ *Learn ways to pray that match my life as a college student*
- ❖ *Recognize and reverence those developing gifts and talents*
- ❖ *Value differences which challenge*
- ❖ *Explore and expand ways to make a difference and be of service*

Contact your local Newman Catholic Campus Minister for more details, questions and to schedule an appointment or contact Sister Mary Ann Spangler, HM at maspangler@hmministry.org or 440-356-6560

