

Resources for Spiritual Direction and Retreats

Compiled by William C. Mills

Spiritual direction, or often referred to as spiritual companionship or accompaniment is when someone other than a friend, such as a pastor or trained lay person shares the walk of faith with you. They listen to your story, offer gentle guidance and direction, and will pray for and with you.

Individual or group retreats are time away from the busy routines of family, work, and routine. Retreats are a time away for reflection, rest, and prayer. Individuals or groups go to retreat centers that provide time for reflection, a chapel for prayer, and food for the body. Some retreat centers offer directed retreats whereby a retreat leader guides the group in a particular theme such as Scriptural reflections on the gospels, the role and purpose of prayer, or on a similar topic. Other retreat centers offer a guided one to one retreat while others just provide the space and the group provides their own retreat leader. Some retreats are non-directed which means that you use the time and space as you deem appropriate.

Spiritual Direction---Books

Barry, William Practice of Spiritual Direction NY: Harper One, 2009

Guenther, Margaret Holy Listening: The Art of Spiritual Direction Boston, MA: Cowley, 1992

Nouwen, Henri Spiritual Direction: Wisdom for the Long Walk of Faith NY: Harper One, 2006

Ruffing, Janet Spiritual Direction: Beyond the Beginning Mahwah, NJ: Paulist, 2000

Spiritual Direction—Websites

Spiritual Directors International
www.sdiworld.org

Retreat Centers:

www.findthedivine.com

Roman Catholic Monasteries
www.osb.org/intl/confed/nacong.html

Roman Catholic Retreat Houses
www.osb.org/retreats/hermitages.html

Orthodox Monasteries
www.orthodox-monasteries.com