

## BENEFITS OF SPIRITUAL DIRECTION

Spiritual direction assists individuals in various ways including:

Assistance in making prayer a practical, meaningful part of everyday life.

Guidance to see and face the truth about yourself; to know yourself authentically.

Non-judgmental, confidential support for the challenging experience in a person's life.

Exploration of scripture and religious doctrine as it applies to daily life.

## OCEAN CITY SPIRITUAL COMPANIONS



Spiritual direction is really not about being "directed." Rather, it is very much about being encouraged to draw closer to God. Our path is not always easy, nor are we always able to discern God's will for our life ahead. The director/companion is a reverent listener offering questions and guidance as your spiritual journey unfolds.

One hour sessions may be on Zoom or in person at St Peter's UMC.

All sessions are held in complete confidentiality by Spiritual Directors.

"While I am looking for something large, bright, and unmistakably holy, God slips something small, dark and apparently negligible in my pocket."

—Barbara Brown Taylor

No preparation is required for a session of Spiritual Direction. If desired, prior to your spiritual direction session you might spend some time reflecting upon and maybe journaling your response to these questions:

1. How would you describe your spiritual life?
2. What events, experiences, relationships, etc. have communicated to you a sense of God's presence?
3. What situations have given you a sense of God's absence?
4. Describe how you pray. How does your prayer help you to experience meaningful contact with God?
5. Are there decisions in your life that have you searching for a sense of God's will?
6. In what area of life do you sense God calling you to growth?
7. What would you need or desire in a spiritual direction relationship?

**St. Peter's United  
Methodist Church**  
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**St. Peter's is a making waves  
church, whose mission is to grow  
disciples of Jesus Christ and to  
make waves of difference in the  
world by spreading the story of  
God's love and salvation.**



There is no charge for Spiritual Direction offered here at St. Peter's. However, donations for Spiritual Direction are gladly accepted. (Typical fee is \$50-\$100.) Donations may be made to the Director, St Peter's UMC or another ministry agreed upon with your Director..

No one will be turned away from this offering of care.

## OCEAN CITY SPIRITUAL COMPANIONS

Spiritual Direction has a long history in our Christian tradition. Its roots can be found even earlier in other religious traditions as well. In Spiritual Direction you have an invitation to slow down and take time to reflect on your experience of life, God's action and grace in your daily routines and discover or re-discover "the more" that is possible in God.

For more information, contact:

Rev. Elizabeth Mallozzi      302-745-9904      [beth.mallozzi@gmail.com](mailto:beth.mallozzi@gmail.com)

Beth completed her Spiritual Director training with Haden Institute in Asheville, NC. She is a retired United Methodist pastor/chaplain living in OC. She is oriented toward working within the church, as well as a wider spiritual community, including those who are ecumenical, interfaith or spiritual but not religious.

Patsy Reese      410-371-1528      [preese4@comcast.net](mailto:preese4@comcast.net)

Patsy completed her Spiritual Director training with Sustainable Faith at Kavanna House in York, PA. She holds a MA in Theology, as well as a graduate certificate in Trauma and Spiritual Care. She is a part time resident in Ocean City and part of the St Peter's UMC community.

Kathleen Egan      215-694-4651      [klegan.chaplain@gmail.com](mailto:klegan.chaplain@gmail.com)

Kathy completed her Spiritual Director with Upper Room in Neptune, NJ. She is a former certified Hospice Chaplain. Kathy is Roman Catholic, a member of St. Damien's Parish, and a year-round resident of Ocean City.