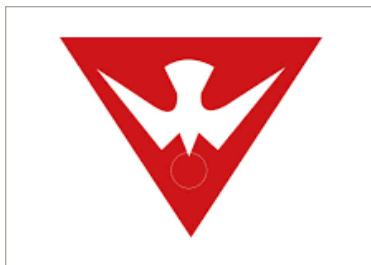

SPIRITUAL DIRECTION



Spiritual direction is a ministry that focuses on relationship between you and God. Our spiritual experiences are not isolated and often consist of ordinary life events. It is a ministry available to anyone seeking to deepen their awareness of and relationship with God.

The real Spiritual Director is the Holy Spirit. This sacred ministry is based on the intentional decision of the two people (director / companion and seeker) to come together in the sacred presence of the True Director, the Holy Spirit, in response to God's invitation to a deeper relationship by sharing and listening in a confidential, prayerful environment.

This ministry is beautifully captured symbolically with three chairs—one for each: Holy Spirit, spiritual director, and seeker.



Spiritual Direction Team

At the Shrine of St. Joseph, we have a team of spiritual directors to companion you on your journey. Please visit our website for a listing of our directors.

If you feel God might be calling you to learn more about this ministry, or to make an appointment to speak with a spiritual director who can answer any questions you might have, please call or email us.



908.647.0208

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SPIRITUAL DIRECTION



"Spiritual direction is, in reality, nothing more than a way of leading us to see and obey the real Director — the Holy Spirit hidden in the depths of our soul."

Thomas Merton, Trappist monk,

Forming apostles



To preserve the faith

The Shrine's mission continues the vision of Fr. Thomas Judge, the Founder of the Missionary Servants of the Most Holy Trinity: to help form apostles through community and spiritual formation...

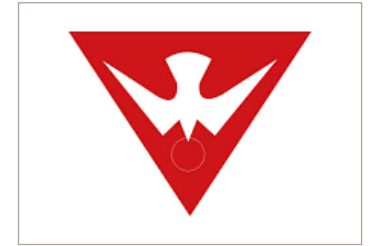
"Our chief effort is to develop a missionary spirit in the laity, with the goal that every Catholic is an apostle."

The laity, by their vocation, seek the kingdom of God by engaging in temporal affairs and by ordering them according to the plan of God. They live in the world, that is, in each and in all of the secular professions and occupations. They live in the ordinary circumstances of family and social life, from which the very web of their existence is woven. They are called there by God that by exercising their proper function and led by the spirit of the Gospel they may work for the sanctification of the world from within as a leaven.
~ Lumen Gentium (#31).

THE GIFTS OF SPIRITUAL DIRECTION

- notice and savor your experience of God
- bring your spirituality into your everyday life
- find understanding, encouragement and affirmation
- share challenges, losses and disappointments
- celebrate joys and growth
- discover a deeper, authentic understanding of who and *Whose* you are
- grow in relationship with God, yourself, others, and creation.
- experience freedom to live a more authentic life as a result of a deeper relationship with God and making life choices from that place.

Missionary Servants of the
Most Holy Trinity



Our Mission:

"...to develop a missionary spirit in the laity, with the goal that
Every Catholic Be An Apostle"

Our Founder, Father Thomas Judge, devoted his life to encourage and support Catholic lay people to bring the Church where people live, work, and congregate.

In the providence of their everyday life, the laity must **be the Church** in the secular world.

Come discover how Spiritual Direction can help you discover your missionary spirit and "be the Church"!

**Be Good. Do Good.
Be a power for Good.**