

UNIVERSITY CONGREGATIONAL, UNITED CHURCH OF CHRIST

SPIRITUAL DIRECTION

FAITH, HOPE,
LOVE ABIDE . . .



Spiritual direction is

an ancient contemplative practice which is being rediscovered in many communities of faith.

Spiritual direction is

the gift of the prayerful, undivided attention of a spiritual companion in a safe setting of compassion and encouragement.

Spiritual direction is

the ministry of one who listens with you to the stories of your life and helps to discern the presence and direction of God's Spirit within you.



You might seek spiritual direction for a variety of reasons

- ◆ questioning the meaning of life and faith
- ◆ reflecting on the ways you experience God
- ◆ integrating spirituality into your daily life
- ◆ working on difficult situations or relationships
- ◆ discerning your call to service or community
- ◆ sharing your struggles, losses, hopes, dreams.



Spiritual direction sessions are usually scheduled once a month with sessions lasting about an hour. Payments per session are on a sliding scale of \$40 to \$70, though lesser payments can be agreed upon as needed.

University Congregational, United Church of Christ is committed to helping people deepen their life of prayer, faith, and service. Therefore, for those who are looking for spiritual direction, we are making available two spiritual directors: Janice Springer and Tom King, who both serve as Ministers of Spiritual Formation at UCC.



Janice Springer is an ordained UCC pastor with 28 years experience in pastoral ministry and spiritual direction. She lives in Missoula part of the year; when she is not in residence, she continues spiritual direction by phone, letter or email. Call her at 406-396-6996.

Tom King is an ordained Evangelical Covenant Church pastor and certified spiritual director. He has served 33 years as a local church pastor and hospice and hospital chaplain. You can arrange to meet him by calling 406-544-5218.

