

Spiritual Direction

Are You Looking for a Spiritual Director?

Spiritual direction is a time to reflect and meditate on the everyday experiences in your life, and on your relationship with others, yourself, God and the world around you. It is also a time to discern God's will for your life. Sessions can be arranged to suit your personal needs and schedule. If you wish to participate in a more structured experience of prayer and discernment, consider undertaking the **Spiritual Exercises of Ignatius of Loyola** (*Ignatius, 1491 – 1556, founder of the Jesuit Order*).

No matter what your faith background, religious or spiritual experience, you will benefit from Spiritual Direction. I am available to meet with you in person, by telephone (613-840-5001), or via Skype.

Thank you,

Stephen



Rev. Dr. Stephen McAllister

Benefits of Spiritual Direction

- Become more in tune and understand your experiences of God.
- Explore and develop your spiritual life.
- Obtain insight in times of discernment.
- Integrate God's presence and guidance in your life.
- Share in a trusted, confidential environment.
- Participate in "soul-care."

Stephen is a member of *Spiritual Directors International*. Trained in Ignatian spirituality, he holds a Diploma in Ignatian Spirituality, Regis College, Toronto; a Doctor of Ministry, Catholic Theological Union, Chicago; and a Master of Divinity, Queen's University, Kingston.

The metaphor I use to articulate my understanding of the vocation of a spiritual director is the praying woman from Nicaragua. Her deportment is prayerful, simple, open, and receptive. My style and approach as the director is characterized as a careful listener attempting to see/hear nuances of meaning, and by being a companion to/with the directee. I seek to be open and inviting, and a fellow traveler whose deportment and manner speak of prayer, listening, God's presence, compassion, and love.

Stephen McAllister, Spiritual Director

