

## What is Spiritual Direction?

It is a process of sharing between a person, God and a listener in order to respond to the movement of the Holy Spirit.

We offer a safe space

- to reflect on one's own experiences of God.
- to learn to be attentive to the sacred in everyday life.
- to grow one's relationship with God and Christ, self and creation.
- to explore one's concerns and seek discernment.

"I can't imagine my time at Eden without a spiritual director. Especially on the tough days, they would help me to pray and remind me why I was here and whose I was. My spiritual life is deeper and I am better prepared for ministry because of spiritual direction."

- a recent Eden graduate

In God I trust;  
I am not afraid.  
Psalm 56:4



**BENEFITS:** God meets us where we are and when we're open takes us where we need to be.

Ministry with others is enhanced with good spiritual self care.

**MEETINGS:** Generally spiritual direction sessions occur once a month or as needed. All conversation is held in strictest confidence.

**COST:** Our student rate is \$30/hour with a sliding scale if there is financial need.

**INVITATION:** Please make an appointment with one of us to see how you might benefit from Spiritual Direction.

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# Spiritual Directors at Eden



*We, the Spiritual Directors at Eden, offer a holistic ministry to support the students, faculty and staff of Eden by providing sacred space and time in which to grow awareness of the Divine both inwardly and outwardly. We live out this ministry through personal companionship, encouraging spiritual practices, promoting awareness of God's presence in each moment, and integrating body, mind and spirit through our communal prayer and support.*

*God, you had set me apart before I was born and called me through your grace. Galatians 1:15*

## THE SPIRITUAL DIRECTORS

### Lisa von Stamwitz



I am an RN with an MA in Transforming Spirituality and training in Spiritual Direction from Seattle University.

My background is in church ministry, parish nursing as well as professional storytelling. My focus in spiritual direction is on inner listening and the discernment of body, mind and spirit connections that lead to healing, wholeness and renewed creative energy.

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### Paul A. Metzler



A semi-retired Episcopal priest, I am active as an Associate Priest at Emmanuel Church in Webster Groves, consult with the Clergy and Congregational Care program

at Care and Counseling, and serve as Book Editor for several grief and loss focused publications. My full time ministries were in pastoral care and psychotherapy, spiritual direction and hospice care. Spiritual direction in the Christian tradition, I think, is a companionship relationship in which one seeker offers to reflect and support the spiritual seeking of another. My wife, also an Episcopal priest and I have two young adult children.

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### Devoree Crist



An active member of the Christian Church (Disciples of Christ), I hold a Master of Theological Studies from Eden, Certificate in Spiritual Direction from Aquinas Institute and a Doctor of

Medicine from Washington University St. Louis. I have been privileged to walk with people of diverse backgrounds and have a special interest in work with clergy. I believe God meets us where we are and that opening to and embracing the Holy in our lives allows us to become our true selves.

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### Susan Ulmer



Married with 2 grown children and 4 grandchildren. Retired Church Educator in tradition of United Church of Christ. Listen with compassion and openness to persons with diverse back-

grounds, traditions, lives and perspectives. Trained in spiritual direction through The Wellstreams Ecumenical Training in Spiritual Formation and Development, Ohio.

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### Tina Newberry



My call is to spiritually companion others as they journey, someone who offers spiritual eyes to watch and ears to listen for the movement of the Sacred along the way. Having

served congregations as an associate pastor and several academic organizations as a teacher, I have learned to cultivate a spiritual direction relationship using Jungian insights and methods. Besides a Master's degree in Religious Education, I have completed a Clinical Training Program in Jungian Analytical Psychology and am a Haden Institute certified Spiritual Director.

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**“I found myself at place in life where I was needing to navigate both anticipated and unanticipated life changes - starting a new career and working through the death of a loved one. Meeting with a Spiritual Director regularly during this time in my life has proven to be hope-giving and restorative, and for this I am forever grateful.”**

**- Former Eden Student**

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