

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. God is the Director.

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.

**"My spiritual life is deeper
and I am better prepared for ministry
because of spiritual direction."
- Former Eden Student**

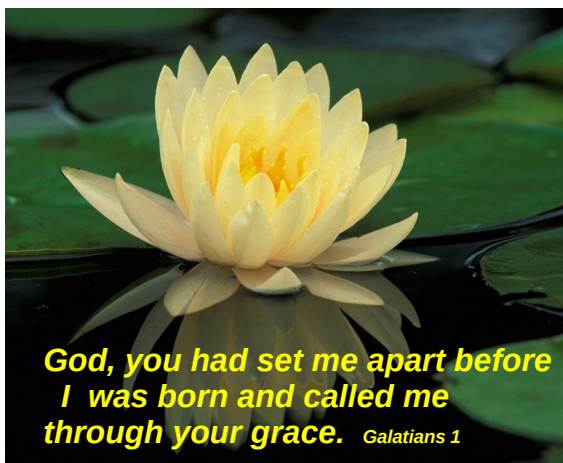
BENEFITS:

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.



Contact us

prayer requests

spiritualdirectors@eden.edu

Make an appointment

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Spiritual Direction At EDEN

***We, the Spiritual Companions
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
companioning, encouraging
spiritual practices, promoting
awareness of God's presence
in each moment, and
integrating body, mind and
spirit through our communal
prayer and support.***

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

THE SPIRITUAL COMPANIONS

Lisa von Stamwitz



I am currently serving as a hospice chaplain with an MA in Transforming Spirituality and training in Spiritual Direction from Seattle University. I also have a background 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.

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 degree 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.

Betsy Happel



I currently serve as a pastor in the United Church of Christ tradition, with special focus on spiritual formation and meaningful worship experiences. I believe each of us has a yearning soul within, constantly calling us toward Shalom. Spiritual direction offers opportunities to explore this holy gift further. I am certified as a spiritual director through the Haden Institute. Additionally, I hold a Master of Divinity degree from Eden Theological Seminary.

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.

Paul A. Metzler



Though retired, I am an Associate Priest at Emmanuel Episcopal Church in Webster Groves, consult with the Clergy & Congregational Care program of Care and Counseling, and as Book Editor for several grief and loss focused publications. My full-time ministries were in pastoral care and psychotherapy, spiritual direction and hospice bereavement care. I view spiritual direction in the Christian tradition as a companioning relationship in which one seeker offers to support the spiritual seeking of another. It is always mutual and, at its best, a form of grace and blessing.

