
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

PAUL 314-942-9085

paul.metzler2010@gmail.com

BOB 314-791-3553

bob@hoffman8.com

DEVOREE 314-962-1031

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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

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. To begin in January.

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.



Bob Hoffman



I am currently bi-vocational, working towards retirement in business, while stepping into my ministry of accompaniment through spiritual direction, hospice, and retreat prayer My educational degrees

include a Bachelor of Accountancy from Mizzou in 1981, and a Masters in Pastoral Studies and Spiritual Direction Certificate from Aquinas Institute in 2022 and 2018, respectively. My life education includes husband, father, Christianity, 12-step work, prison work, adoptions, and family mediation. I journey with individuals in their 20s through their 100s, and all have much to teach about how to live now and see God wherever we are in life.

