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.

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

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**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.