

“*Though your destination is not yet clear
You can trust the promise of this opening;
Unfurl yourself into the grace of beginning
That is at one with your life's desire.*”

*Awaken your spirit to adventure;
Hold nothing back, learn to find ease in risk;
Soon you will be home in a new rhythm,
For your soul senses the world that awaits you.*”

- John O'Donohue

Tau Center

26W171 Roosevelt Road
Wheaton, Illinois 60187

(located on the same campus as Marianjoy Hospital)

www.taucenter.org

Phone: 630-909-6805

In the spirit of St. Francis and St. Clare of Assisi, Tau Center provides a peaceful and reflective environment for people seeking a deeper relationship with God, self, others and all of Creation. We are committed to the transformation of our world by helping individuals awaken to the sacredness of Life and reveal the unique gifts each person contributes to the hope and healing of all.



a spirituality ministry of the Wheaton Franciscans

Spiritual Direction & Guided Retreats

Open the door and invite God in.

Many people long to find meaning in their lives, to discover their true selves, and to grow closer to God and others. But sometimes, it's hard to know just where to start.



Spiritual Direction

What is Spiritual Direction?

Spiritual direction is a process of deep listening with a spiritual companion as you attempt to deepen your relationship with the divine and grow in your own personal spirituality. In trusting companionship with a spiritual director, it offers a gentle process of deep inner-wisdom over time that helps you recognize the grace given to you in everyday life.

Who is it for?

Spiritual direction can be the next step on your journey if you long to find meaning in your spiritual life, discover your inner-self, and grow closer to God and to others. It is different than psychological counseling in that it is concerned with hearing and responding to God.

Spiritual direction sessions provide an opportunity to hear how God is moving you toward growth, and how you can begin to practice a more contemplative spirituality that brings God closer to you in your daily life.

What is a spiritual direction session like?

Spiritual direction sessions typically occur one time per month for an hour and can be ongoing for as long as you and your spiritual director wish to continue.

The spiritual director provides a safe place for you to explore spiritual questions. You are encouraged to share stories of your encounters of the divine, or how you may be experiencing spiritual issues. The director listens carefully and asks questions to assist you in your process of reflection and spiritual growth, and helps you discover what God might be saying through you.

How do I begin?

It is important to find the right companion on your journey, and at Tau Center we have a small group of **Spiritual Directors** available to you. Their information and backgrounds can be found on our website at www.taucenter.org, and we encourage you to contact them directly regarding your interests and their availability. Fees are determined individually by each spiritual director and should be negotiated with them directly.

We also offer **Guided Retreats** at Tau Center which provide a reserved space and time for you to work directly with a spiritual director on staff at Tau Center or your own personal director on a day specifically designed for you.

If you have any questions on how to begin with spiritual direction or Guided Retreats, please contact Tau Center at 630-909-6805.

Find our list of spiritual directors and retreats at www.taucenter.org

Guided Retreats at Tau Center

As we go through adulthood, we experience many moments where life calls us to pause and wonder. Transitions in family circumstances, professional career, moving to a new location, marriage or death can be marked by an inner change as we sometimes examine our faith during these times. Sometimes we find ourselves at a point where we need something, but we're not sure exactly what we're yearning for.

As you seek inner-peace in your life, a **Guided Retreat** offers a personal, quiet space to explore your relationship with God and the love that surrounds you always. We work closely with you to create a Guided Retreat customized around your needs and where you are in life and on your spiritual journey. A quiet retreat provides an opportunity to rest, renew, learn and grow in your own spirituality.

During the retreat you are provided a comfortable Quiet Room and also given time for contemplative and solitary activities, including prayer, journaling, reading, walking the grounds, art and music, and use of our Chapel.

You may also request the companionship of a spiritual director during your retreat. Our directors are sensitive and responsive to where you are on your journey and are experienced in different faith practices. You will have time to meet with one of them and share any issues that may have emerged. You may be given a scripture reading or something that might help you to be compassionately present with whatever has surfaced in your life.

If you have further questions or are interested in scheduling a Guided Retreat, please contact Sharon Devo at 630-909-6809.

