



“Let such guides of souls recall that the principal agent, guide and mover of souls is not the director but the Holy Spirit.

They are themselves  
only instruments  
to guide the souls  
in the way of perfection  
by faith  
and by the law of God  
according to the Spirit  
that God  
is giving  
each one.”

*John of the Cross*



### What is the difference between “life coaching” and spiritual direction?

Life coaching is precisely that: having a coach to help one negotiate the hurdles of life. In life coaching, a person discovers what motivates him or her. A person learns how to create a life following one’s passion, priorities & talents. It’s about gaining self-confidence, becoming efficient, and breaking out of self-defeating behavior.

Spiritual direction, on the other hand, is about committing to the attention, discovery and articulation of something deeper: the reality of God’s grace in our lives.

Indeed, there is nothing to get in the spiritual life; the challenge is to become aware of what we already have.

### The Ministry of Spiritual Direction

Spiritual direction has had a long and esteemed history within Christianity. Despite its name, it is not one person telling another what to do.

Rather, it is a dialogue in which I discover and discuss with a director the action of God’s Spirit in my life. The director is only a facilitator in the process. Or, as Thomas Merton aptly says, the director is merely “*God’s usher,*” confirming and validating where God is calling me.

During the monthly meeting, the director and I seek to enter a prayerful conversation in which we can be attentive to the Holy Spirit who is, in fact, the Real Director.

### What do I “do”?

When I commit to spiritual direction, I am dedicating and devoting myself to an ongoing process of discovery and attention. That process is simply to spend some time each day attending to the question, “*What is God up to in my life?*”

Having prayerfully prepared, I bring to the spiritual direction session responses, reactions, issues and insights that have arisen as a result of my pondering that question.

### How long does it last?

Individual sessions are usually one hour in length and occur once a month. Because the Spirit of God continually calls me to new horizons and vistas, I never conclude the ongoing process of discovery and attention. I may “outgrow” my director but never the process of direction.

### What does it cost?

It is customary to make a donation to help support Mayslake Ministries and the ministry of spiritual direction. Suggested donation is \$50, with no minimum nor maximum amount required.

We accept Visa/M.C. .

### Why commit to it?

- to name and honor near occasions of grace in my life
- to find the grace offered in loss, grief, anger or fear
- to learn how to be attentive to God’s grace in my life
- to grow in awareness of God’s grace
- to explore what obstructs my attention to God’s grace
- to attend to God’s grace in a moment of change or transition
- to make an important decision in light of God’s grace

### What might be suggested between sessions?

- developing a daily pattern of prayer
- attending weekly worship within my Christian community
- nourishing myself with the Word of God and the wisdom of spiritual writers
- making an annual retreat of at least two overnights

### How do I begin?

Call 630 - 268 - 9000

to set up an introductory meeting with one of our spiritual directors.

There is no donation required for this first session.

No one is turned away due to an inability to pay.



# Spiritual Direction

*...honoring near occasions of grace in the lives of churches and individuals through...*

Spiritual Direction

Personalized Retreats

Parish Missions

“Graced Moments” Women’s Ministry

Staff/Faculty Workshops

The School of Spirituality

Sacramental Series



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## Mayslake Ministries

We are honored to offer you these directors . . .

*Fr. Albert Haase, OFM . . .* was ordained a priest of the Franciscan Province of the Sacred Heart in 1983 and received a PhD in Historical Theology/Spirituality from Fordham University. A former missionary to mainland China & the author of five books on popular spirituality, he is the director of the School of Spirituality at Mayslake Ministries, a frequent radio guest, a dynamic parish mission presenter and an experienced spiritual director.

*Sr. Valerie Kulback, SSJ-TOSF . . .* is a member of the Sisters of St. Joseph of the Third Order of St. Francis. She received her Certificate in Spiritual Companionship from the Diocese of Joliet, & her Master in Pastoral Counseling. She has specialized in grief work surrounding death, divorce and other life-changing events, also serving those struggling with issues of co-dependency, addiction, and life situations which compromise one’s spiritual and emotional well-being.

*Jill Bates, D. Min. . . .* is an experienced presenter in the areas of Women’s Spirituality & Lay ministry. She holds a Certificate in Spiritual Companionship from the Diocese of Joliet. Jill earned her Doctor of Ministry degree from Graduate Theological Foundation and her Master of Pastoral Studies from Loyola University.. Jill is currently a Chaplain at Good Samaritan Hospital in Downers Grove, IL.

*Alice Dehm . . .* was in the premier class of the Spiritual Companionship Program through the Diocese of Joliet. She received her Certificate in Spiritual Direction from the Institute for Spiritual Leadership in Chicago, IL. On staff as a spiritual director at St. Mary Immaculate parish in Plainfield, Alice offers spiritual direction at Our Lady of Mercy parish in Aurora, & for "At Home Retreats" at local parishes. Her passion for spirituality invites others to explore and honor the sacred in their lives. Alice is married and the mother of three young adults.

*Christine Grano . . .* is an accomplished musician, who served as director of music ministry/ children’s liturgical music for 15 years. Currently partnering with her mother in a funeral music service, Christine received her spiritual direction certificate from Christos. In addition, she received training in Inner Healing Prayer, Stephen Ministry & Christian Lay Counseling and is working on a certificate in Fitness and Nutrition. She holds a B.S. in Accountancy from the University of Illinois. Christine is married to Michael and the mother of two adult children.

*Fr. Jonathan Foster, OFM . . .* is a priest of the Franciscan Province of the Sacred Heart and the former director of Mayslake Ministries. He received his Ph.D. in Adult Education and Development from the University of Chicago & continues to be involved in adult spiritual formation in myriad levels. Fr. Jonathan has been active as a writer, publishing articles in several journals. He also presents weekend retreats, book studies, & is an experienced spiritual director.

*Fr. Tom Borkowski . . .* is a priest of the Diocese of Kansas City - St. Joseph, Missouri and is involved in spiritual direction, retreat work, adult religious education and faith formation. His training in spiritual guidance was at the Shalem Institute of Spiritual Formation. He has a Master of Education in Special Education from the Univ. of Missouri - Columbia, a Master of Divinity from the Pontifical College Josephinum, & post graduate studies in Carmelite spirituality and contemplative prayer.

*Sr. Marianne Saieg, OSF. . .* is a member of the Franciscan Sisters of Joliet, IL, a spiritual director, retreat facilitator, teacher and photographer. Her academic background includes a Master in Religious Education from the University of St. Thomas, Houston, TX; and a certificate in the art of spiritual direction from Burlingame, CA.