

Rosemary Moore is the Director of Discipleship and Outreach at Messiah Christian Church, a church she and her husband founded in 1988. Prior to her role on church staff, she practiced law for over 25 years. Following her legal career, she received her Master's degree in Spiritual Formation and Discipleship from Moody Theological Seminary, and she is currently pursuing spiritual direction training through the Leadership Transformations' Selah Certificate Program. Rosemary has discovered the joy of free time and loves to spend time with her husband and their adult children, watch TV and old movies, take long walks with old and new friends, and welcome people to their home to share homecooked meals.

For more information about Leadership Transformation's Selah Certificate Program please visit this site: <https://www.leadershiptransformations.org/selah.htm>

If you are interested in hearing more, feel free to get in touch with me. I would be honored to be invited into your journey to notice God together.



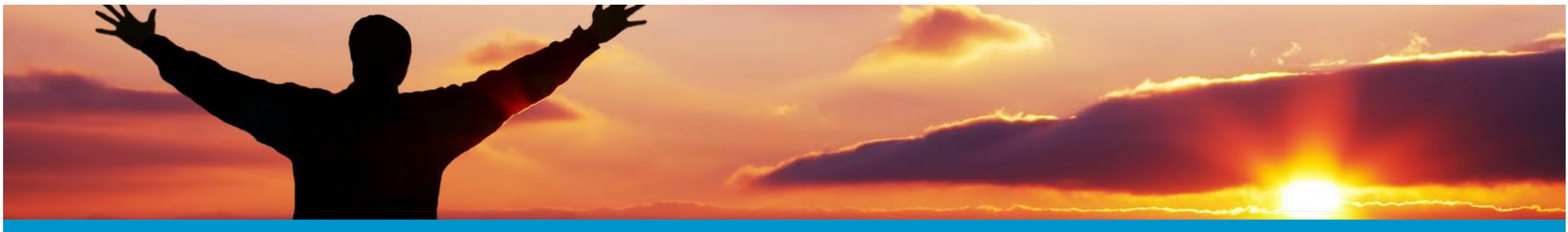
Rosemary Moore, Spiritual Director

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“Our lives are not problems to be solved, but journeys to be taken.”

Henri Nouwen



WHAT IS INVITO SPIRITUAL DIRECTION?

Invito is an Italian word which means invitation. In my Italian family, we were always inviting others to share their stories, their journeys, and their lives with us. Likewise, God has been inviting us into a life of love and friendship with Himself, into His story for us, to notice His work in our lives, every day, in thousand ways. And He still does.

In Spiritual Direction, the Spiritual Director is a spiritual companion who is invited in to listen to the stories of another's life (the Directee), to help them notice God's divine, loving invitations and create space for them to respond to Him in ways that lead to a growing love for the Father. The confidential setting of compassion and encouragement focuses on prayer, listening and discernment and is:

- God-oriented rather than goal-oriented—giving one's attention to God rather than to a particular problem that needs to be fixed or behavior that needs to be modified.
- Responsive rather than directive, listening together to the Holy Spirit's presence and ways rather than the director telling the directee what to do.
- About listening with—together noticing senses of God's voice and direction—rather than talking to.

WHAT TO EXPECT:

A Spiritual Direction session often begins and ends in silent prayer, to create an awareness of God's presence, and it is common for the Director to ask a Directee to return to a few moments of silence in the middle of a session, again to clear away the clutter of talk and notice more deeply what the Holy Spirit may be saying.

Spiritual Direction conversations include all the “stuff” of our life stories—work, relationships, circumstances, health, the life of worship and prayer and service, joys and sorrows, boredoms and adventures—and seek to notice God's presence, work, and invitations in the midst of those.

How Often and How Long? The session between the Spiritual Director and Directee usually occurs once a month and lasts for about an hour.

What is the cost? Rosemary works on a sliding scale of 50-\$75 an hour based on what Directees are able to pay. However, Directees who cannot afford that rate are welcome to contact Rosemary to discuss any arrangement that might work for them.

