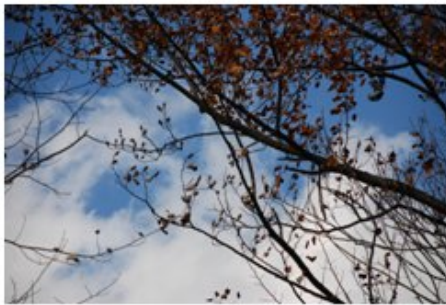




Prayer has a life of its own. If we could define it today, that definition would have moved and changed by tomorrow. Prayer is a living relationship that can never be pinned down and analyzed; prayer is a breath of the soul that has passed before we can seize hold of it; prayer is a reaching out of all that is deepest within us towards all that lies infinitely beyond and around us.

~Margaret Silf



The Reverend Linda Harrison, a priest in the Old Catholic Orthodox Church, earned her Master of Divinity from Wesley Theological Seminary, Washington, D.C., in 2004. She serves the parish of Saint Hildegard's in Arlington, Virginia, along with her seminary colleague, the Reverend Stanley Dubowski, Father Stan.

Mother Linda's spiritual life is as rich as the traditions that have influenced her, which include the Reformed, Quaker, Methodist, and Lutheran traditions. As a student of world religions, she has an appreciation of interfaith expressions of spirituality, as well.

Mother Linda deeply believes if individuals awaken to God's deep love for them, that love will transfer to all human relationships as each person recognizes the image of God within oneself and others. She fervently believes that an individual's walk with God is the first step in healing the world.

Mother Linda lives in Germantown, Maryland with her husband, her daughter, one dog, two cats, and two rabbits. When not participating at Saint Hildegard's in Arlington, she worships at Christ the Servant Lutheran Church in Montgomery Village, Maryland.

Visit Saint Hildegard's online at
www.sthildegards.org

Visit Christ the Servant online at
www.cts-lutheran.org



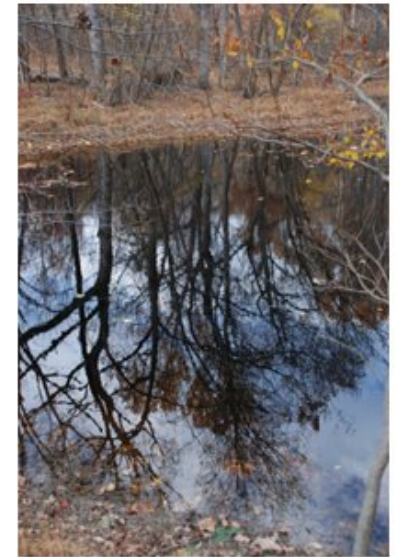
*O God, you are always ready to hear my prayer.
Give me a heart that is always ready to pray.
~ Renée Miller*

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DEEPENING THE JOURNEY



WHAT SPIRITUAL GUIDANCE IS

Spiritual guidance, sometimes called spiritual direction, begins with the individual: where she or he is along the spiritual path. Spiritual guidance is the ministry of accompanying a person in her or his spiritual exploration, nurturing an individual's on-going journey with the Divine, which is one's spiritual life.

Spiritual guidance is helpful for people who yearn or struggle to find deeper meaning in their lives. Some people come to spiritual direction with questions about what it means to be a spiritual being, some yearn for a deeper relationship with the Divine, some want accountability in their spiritual disciplines, while others have a vague sense of something deeper that they are ready to explore. There are as many reasons to pursue spiritual guidance as there are people who seek a spiritual director.



If we wish to quench our thirst, we must lay aside books which explain thirst and take a drink.

~Jean Pierre de Caussade



WHAT SPIRITUAL GUIDANCE IS NOT

Spiritual guidance is not instruction. A spiritual director does not direct or make assignments in your spiritual or prayer life, but acts more as a guide. A spiritual director listens deeply as you share the story of your spiritual journey, both the struggles and joys, and then provides prompts as the Spirit leads.

Although it is sacred time set apart for exploring spiritual matters, spiritual direction is not worship.

Spiritual guidance is not psychotherapy or counseling. Although it may be appropriate at times to discuss personal or relational issues within the context of one's spiritual journey or relationship with God, a spiritual director is not a psychotherapist or a counselor. Spiritual direction should never attempt to provide such services.



*God is breathing gently,
God never hurries,
Is never anxious or pressing,
God just waits,
Breathing gently upon us
With great tenderness
Until we look to God -
And, knowingly,
Nod.*

~Edwina Gateley