



SPIRITUAL DIRECTION: AWAKENING TO GOD'S LOVE IN NEW AND DEEPER WAYS

LED BY THE REV. FRANK HAKOOLA
THURSDAYS AT 7:00 PM ON ZOOM
STARTS SEPTEMBER 16TH

SPIRITUAL DIRECTION is an ancient Christian practice that dates from the early years of Christianity. It is a tool that the church has used to foster more intimate experiences with the God of love. It also equips Christians for relationships with others where they can love as they are loved. At spiritual direction, we try to create an atmosphere of listening to the voice of God through our own lives and the lives of one another. Learning to listen to God's voice is an important discipline for our spiritual journey.

Living in these pandemic times, coupled with many other challenges that weigh so heavily on our daily lives, spiritual direction has become more relevant than ever. It creates a sacred space and moment where we can connect more intimately with the God who loves us and with one another. The key features of a spiritual direction group are silence, guided meditation, loving-listening, and a moment for personal soul-work.

St. Michael's is planning a ten-week session of spiritual direction led by the Rev. Frank Hakoola starting on September 16th. As the Covid-19 situation develops, we will assess the possibility of meeting in person. Capacity for the group will be limited to 25 participants. Please consider joining us on this journey!

If you have questions, please contact Fr. Frank at fmhakoola5@yahoo.ca.
To register, use this [online form](#).