

January 2009

Fellow Pilgrims:

Do you know what spiritual direction is? Thomas Merton said, “Spiritual direction is, in reality, nothing more than a way of leading us to see and obey the real Director — the Holy Spirit hidden in the depths of our soul.” The spiritual director walks with another as they both walk with the Father, the Son, and the Holy Spirit.

In spiritual direction, there is no set number, frequency, or duration of appointments with people or groups seeking spiritual direction. This relationship is individually tailored to the individual or group requesting spiritual direction. Usually this will involve face-to-face meetings but can take other forms when necessary. The duration of the relationship and the meeting location will be mutually agreed upon. The meetings are confidential. My primary responsibility is to be a Spiritual Director to all who request spiritual direction. For further information about Spiritual Direction, I will regularly send material to the St. Mark’s website and will have occasional material on the e-publication *The St. Marker*.

Give me a call if you would like to start spiritual direction or get more information on spiritual direction (630-404-1261). A spiritual director may meet with you as often or as little as you want and need. I have met with some people this year.

In Christ’s love,  
Chuck Ellenbaum ><+  
Spiritual Director