

## **AN INVITATION TO SPIRITUAL DIRECTION FROM JOHN ELLISON**

Spiritual Direction is an ancient practice of the Church, sometimes understood as a particular charism, given for the nourishing and nurturing of spiritual life. The human director is a companion on the journey, assisting fellow pilgrims in cultivating and developing their personal relationship with God – the primary Director – in order to better recognize and respond to His inner workings.

Spiritual Direction is concerned with the experience of God, not merely ideas about God. It is one Christian helping another in being attentive, receptive and responsive to the invitation to personal communication and intimate relationship with God – Father, Son and Holy Spirit.

John Ellison served as a Baptist minister and Anglican priest before entering full communion with the Catholic Church. His training in Spiritual Direction is complemented by his experience in pastoral ministry and hospital chaplaincy.

**If you are interested in exploring Spiritual Direction as a dimension of growth in Christ, please contact John at 919-428-7365, or [JohnEllison.sd@gmail.com](mailto:JohnEllison.sd@gmail.com).**

