

As we begin this journey together in spiritual direction, I want to invite you to create space for God in your life. This takes time and commitment.

Any spiritual direction commitment affords the opportunity for spiritual friendship, and provides the time and structure, wisdom and discipline, to create sacred space in your life in which God can act. By creating sacred space, you reserve a part of yourself and prevent your life from becoming completely filled up, occupied or preoccupied. Spiritual direction provides an

'address' on the house of your life so that you can be 'addressed' by God in prayer. When this happens, your life begins to be transformed in ways you hadn't planned or counted on, for God works in wonderful and surprising ways.

From Spiritual Direction by Henri Nouwen



Spiritual Journeying

Do you ponder life's mysteries?

Are you seeking a greater sense of peace?

Do you feel lost in the turmoil of living?

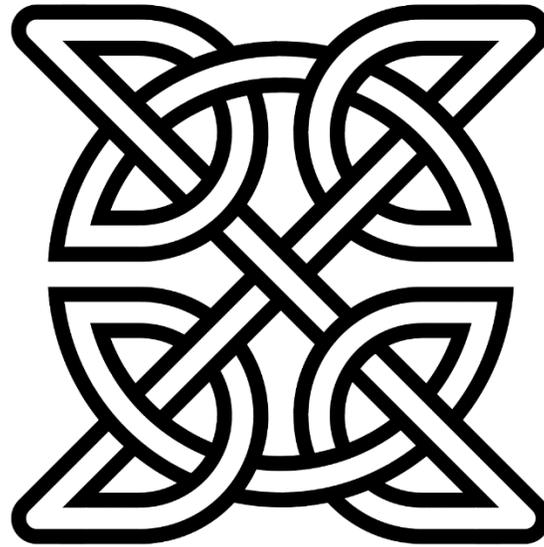
Are you experiencing a deep longing but do not know what it means?

Donna Bilek provides spiritual direction and spiritual companionship to anyone of any belief base; be it God of any name, Higher Power or Universal life force.

She will listen as you tell your story and share your journey. She guides you to reflect on where you have been, what you are experiencing now and explores where you may be heading.

Together you and she will determine what it is you seek from Spiritual Direction. You will discuss what tools you would like to receive during your

sessions. These may include but are not limited to guided or individual meditation, centering prayer, mandalas, music, suggested reading, and action.



Donna has over 40 years of experience in retreat and spirituality work. She has been directing individuals in Spiritual Companionship for the past 10 years. Donna holds a Master's degree in Theology and a Certificate in Spiritual Direction from Bon Secours Retreat and Conference Center.

To make an appointment, visit our web site at earthwalkcenter.com or call Donna at 410-236-7112 or 410-321-0530 ext 1

Sessions last 60 minutes
The cost is \$50 per session