

## Seeking Spiritual Direction?

The Benedictine Sisters welcome you to the Omega Retreat Center. Our trained Spiritual Directors are here to help you reflect on your own spirituality, deepen your relationship with God, and journey into God's calling for your life.



*"For the directee, therefore, spiritual direction emerges from listening to God within him/herself and also listening to God in and through the director."*

*The Way of Spiritual Direction Francis Kelly Nemeck & Marie Theresa Coombs*

## About the Omega Retreat Center

The Omega Retreat Center opened its doors in September 1982 to offer a place of quiet beauty for reflection, prayer, and spiritual renewal for people in the Texas Hill Country, San Antonio, and beyond. It is the home of the first ACTS Retreat.

During its first year of operation, the Center was utilized by 539 guests. Today, Omega welcomes more than 2,000 guests annually.

In the words of some who have come, Omega is "holy ground" where God has uplifted spirits and healed pain. Many leave feeling refreshed and renewed. Omega's mission is to provide opportunities for people of all walks of life to experience Benedictine spirituality and hospitality.

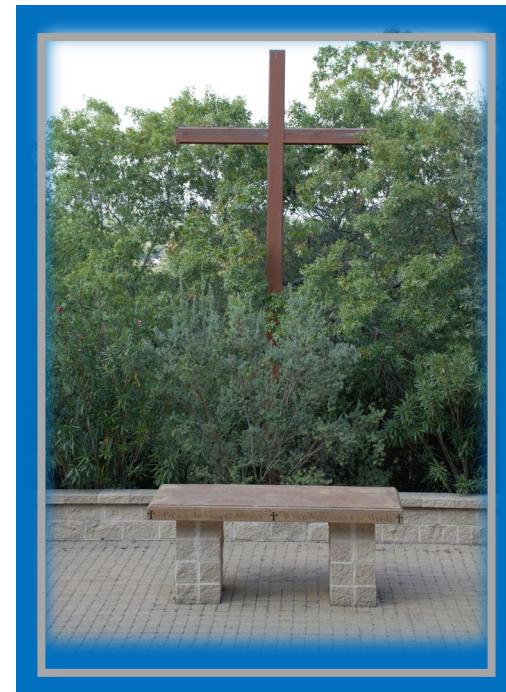


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## SPIRITUAL DIRECTION

OMEGA RETREAT CENTER  
BOERNE, TEXAS



*"Listen and attend  
with the ear of  
your heart"*

*Rule of Benedict*



“Spiritual Direction” is an ancient practice of meeting with a trusted companion to explore the experience of one’s relationship and journey with God. In today’s hectic lifestyle it may be difficult to attend to the God who is always with present. A trained listener can help the person seeking a deeper relationship with God to notice the movement within and to recognize God’s presence in daily life.

Spiritual Direction is not counseling or about solving problems, though life’s challenges may enter into the conversation. Primarily the person wants to draw closer to God, wants to deepen in their relationship with God and wants to share this part of their life with someone trained in spiritual direction.

The Spiritual Director does not “direct” but rather acts more as a guide, as one who listens deeply to the person’s story and helps the person notice movements within that point to God’s presence. These conversations occur in a prayerful, confidential, one-on-one meeting with one’s director.



## How do I begin....

- ◆ Contact us by e-mail or phone.
- ◆ Request your wish to begin spiritual direction.
- ◆ Leave your contact information.
- ◆ Your call will be returned. Feel free to ask questions about spiritual direction, frequency of meetings, appropriate donation, or any questions you may have.



*“Direction is primarily concerned with helping individuals freely to place themselves before God who communicates to them and makes them more free.”*

*The Practice of Spiritual Direction* William A. Barry  
& William J. Connolly



## Contact Us

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