

*"Take more time.
Cover less ground."*

THOMAS MERTON

WHAT IS SPIRITUAL DIRECTION?

Spiritual Direction is a God-Centered spiritual process in which you are provided the sacred space to seek God's presence, listen deeply to His voice and discern what He is saying to you.

You will learn to *"tend to the holy"* as you listen to God's direction with "the ear of your heart" for the purpose of spiritual discernment.

Through your unique life lens and personal experience, and with the help of the Holy Spirit, *we will look for the movement of God, what he might be saying to you, what is stirring in you.*

ABOUT REV. COFFIN

BRENDA COFFIN is a Deacon, Licensed Therapist, LCSW, Professional Certified Coach & Spiritual Director. Her credentials and accomplishments include:

- Masters of Social Science, Bryn Mawr College of Social Work & Social Research (clinical social work)
- Graduate of the Institute for Life Coach Training.
- Recognized as Professional Certified Coach (International Coach Federation)
- Certified in Formational Prayer and Inner Healing (Institute of Formational Counseling, Ashland Theological Seminary)
- Spiritual Director, two-year Spiritual Direction program, Kairos School of Spiritual Formation
- Certificate in Spiritual Deepening & Contemplative Leadership, Oasis Ministries for Spiritual Development
- Minister of Spiritual Care & Counseling at Hempfield UMC
- Facilitated spiritual inner healing and restoration process for individuals and small groups
- Ran addiction groups for men and women
- Provided Spiritual Care for groups through Spiritual Direction and "Living With Cancer" groups
- Completed Clinical Pastoral Education at Wellspan Gettysburg Hospital and worked as a Chaplain delivering spiritual care and counseling to patients, staff and family members; taught mindfulness classes for staff
- Deacon of United Methodist Church
- Chaplain at Lancaster General Hospital
- Hempfield United Methodist Church, assisting with worship, LGH hospital visitations, leading Spiritual Direction Groups, annual Day Apart Contemplative Retreat
- Offers holistic "Living With Cancer" group for men and women, through HUMC, partnering with LGH



REV. BRENDA COFFIN

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SPIRITUAL DIRECTION

led by Rev. Brenda Coffin, Spiritual Director



“
For where two or three
are gathered in my name
there am I among them.”

MATTHEW 18:20



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SPIRITUAL DIRECTION VIRTUAL SESSIONS



Brenda Coffin leads 3-week, 1.5 hour Spiritual Direction sessions via ZOOM three seasons of the year. A summer half-day retreat is also planned.

FALL 2020 SESSION, THREE-PART SERIES

- Monthly on Tuesdays, Sept. 22, Oct. 20, Nov. 17, 11:30 a.m. - 1 p.m., via Zoom
- Topic: Spirituality and the Psalms
- Register /order books by Sept. 8
- Cost: \$10

MEETING #1: Tuesday, Sept. 22

- Introduction: Read Chapter 1: The Psalms and the Seasons of Life: Relating the forms of the Psalms to the realities of human experiences.
- Read Chapter 2: Psalms of Orientation
- Songs of Orientation

MEETING #2: Tuesday, Oct. 20

- Read Chapter 3: Psalms of Disorientation
- Songs of Disarray (Laments)

MEETING #3: Tuesday, Nov. 17

- Read Chapter : Psalms of New Re-Orientation
- Songs of New Life
- Read Chapter 5: Spirituality and God's Justice

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SIGN UP & ONLINE PAYMENT DUE BY SEPT. 8
hempsfieldumc.org/spiritual

WHAT YOU CAN EXPECT

Spiritual Direction Sessions are open to both men and women. They are steeped in deep listening, respect, confidentiality and hospitality and provide a process for you to hear God's voice, notice His movements, and savor His presence.

GROUP AND INDIVIDUAL SESSIONS

- ❖ Insure confidentiality
- ❖ Offer discernment for God's direction for your life
- ❖ Are relational in nature and care for the whole person
- ❖ Explore meaning and purpose, desire and yearnings
- ❖ Provide a safe place to help you nurture your relationship with God
- ❖ Create space for solitude, silence, taking pause, savoring and noticing
- ❖ Contemplative in nature
- ❖ Allow group members to practice deep listening as peers share
- ❖ Set the tone for mutual respect, authenticity, trust and boundaries
- ❖ Invite authenticity and openness
- ❖ Help your hear God's voice and notice his movement in all seasons of life
- ❖ Teach spiritual practices
- ❖ Foster greater awareness of God's presence in everyday life
- ❖ Offer resources for expanding your faith

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"In Brenda's Spiritual Direction Group, I became deeply aware of God's presence in my life — how He was there for me especially in the small things. Prior to the group, I was always rushing from one place to the next. Now I know how to savor and notice."

- GROUP PARTICIPANT

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LEARN MORE AT

hempsfieldumc.org/spiritual