

## Sister Jean Fond du Lac, WI

*For the past 15 years Sister Jean has been ministering as a Spiritual Director for people who are seeking support in their faith journey.*

I was called to this ministry through my own personal prayer, reflection, training and listening to God's voice within. When you serve in this capacity you are invited to companion another person on a very sacred journey. You become an instrument, a conduit providing deep listening to that person's story. It is really about them finding their own spiritual direction through prayer and reflection on where God is in their everyday life.

People seek out spiritual direction for many different reasons, a few reasons include they may be at a cross road in their life, they may be in transition from a divorce or death of a loved one, they have been traumatized and need a safe place to share their story or they may be questioning their faith and want to deepen it.

My role is to allow God's grace to work through me, this calls me to pray daily, to have done my own personal soul searching, to open myself to diversity of values and faith development, to surrender my judgments and always be attentive to what is happening within myself as a person shares their story. It is critical to move beyond my ego needs and focus on the person present and what matters for them.

What I love about my work is when a client gains insight, awareness, healing, and confidence to deepen their relation with God. What liberates them is what gives me joy. This work is holy work, it is building trust and it fulfills me.

