

**Are you ready to
explore spiritual direction?**

Do you find yourself wondering:
“Where is God in all of this?”

Do you need to make a crucial decision
and want assistance in prayer
and spiritual discernment?

Is your relationship with God
growing and you want to savor and
celebrate your experiences?

Does your relationship with God
feel stale and you want guidance
in working to a deeper level?

Do you want to be about God’s
desire for you in the “busyness”
of life.

Are you seeking a “soul friend”
to share your faith journey with?

**Be still!
And know
that I am God,
exalted among the
nations, exalted
upon the earth.”**

Psalm 46:10



**Sister Lydia Armenta,
OSB**

Spiritual Director

**Hesychia School of Spiritual
Direction**

Bereavement

**“Come, listen to the ear of
the heart”**



Seeking God:

“the structure of life is designed to heighten and refine awareness of God’s presence at all times.”

Rule of St. Benedict, 58.7

Sister Lydia Armenta is a spiritual director with individuals and with the Cursillo Movement in Phoenix, Arizona.

She received her certificate in Spiritual Direction from the Hesychia School for Spiritual Directors from Redemptorist Retreat and Renewal Center at Picture Rocks in Tucson, Arizona in 2006 and has a certificate in Bereavement from the Diocese of Phoenix.

Sister Lydia is a Roman Catholic and a member of the Benedictine Sisters at Our Lady of Guadalupe Monastery in Phoenix, Arizona.

Sister Lydia, a native of Arizona, is Hispanic/Native American (Yaqui) and fluent Spanish speaker.

What is Spiritual Direction?

Spiritual direction is the art of examining your life for the energy, presence and movement of God. It is “a long, loving look at the real.”

A spiritual director assists a “directee” in that look. A director will also provide support and prayer along the way.

Spiritual direction is an ancient Christian discipline. When the Church was only a few hundred years old, people seeking wisdom would trek to the desert to meet with renown holy men who had sequester themselves in caves (to reduce distractions). Few of us work in caves anymore...and many of us are women!

The practice of seeking God’s activity in our lives is experiencing a revival in the Christian tradition.

Who uses a Spiritual Director?

**Individuals; clergy or lay;
Spirituality groups; Church groups;
Faith-based non-profits**



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