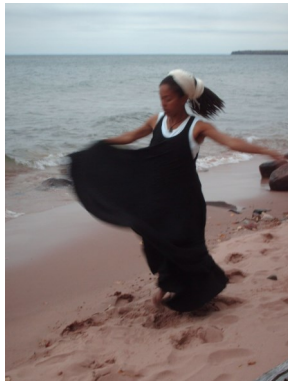


Regina's Background:

Regina received her training in spiritual direction from the Shalom Program at St. Scholastica Monastery. She believes that creativity, and the sacred are inseparable; therefore embodiment and art are intentionally integrated into spiritual exploration.

Regina's offerings (DIASPORA SPIRIT & DIASPORA ARTS) rise from the intersection of art and the unifying stories of humanity, creation, and the Creator. Regina's story, dance, creative guidance and work are shaped by her life of small scale farming, family, and community on the edge of Lake Superior. She draws from her multi-cultural heritage, varied travel and cultural experiences, training in spiritual direction, the creative dance and story work of InterPlay, a variety of worship styles and spiritual disciplines, and a theatre degree from St. Catherine University, as well as experience with a number of Two-Year Academies for Spiritual Formation.



Spiritual Direction

DIASPORA SPIRIT

Regina M. Laroche
3239 Big Bay Road
P.O. Box 474
La Pointe, WI 54850

Phone: 715.747.6611

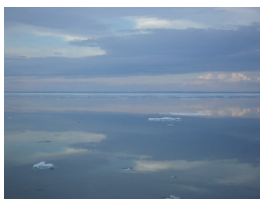
Email: reginalaroche@hotmail.com

Spiritual Direction



with
Regina M. Laroche

Tel: 715. 747.6611



What is Spiritual Direction?

The centuries-old ministry of spiritual direction is increasingly sought out today by people who desire to become more aware and intentional in their relationship with God and, subsequently, the world around them.

Spiritual direction is a sacred conversation with a trained listener about God's presence in your life. Through this ministry, you are invited to listen and discover the deeper movements of God in your life. Spiritual direction provides you with an opportunity to reflect with another about your spiritual journey.

Spiritual direction is an open process, seeking to call forth your own inner wisdom... to help you discern direction and meaning in your life, and explore how the Holy may be working in and through you.

(description from Sacred Ground Center for Spirituality, & Lindenwood Retreat Center)

Spiritual Companionship...

The Intention:

Spiritual direction is a confidential and professional relationship that provides an intimate time and place to reflect with another about your spiritual life.

The focus is on growing in intimacy with God. A spiritual director helps you notice the Holy in you everyday life and live into a deeper prayer life that expands your sense of prayer.

Spiritual direction is not so much about solving problems but coming back to God's presence and deepening that relationship. It is about opening oneself to God's transforming love.

The Conversation:

One-on-one spiritual direction encompasses all areas of life. This includes relationships, personal development, and questions of faith, images of God, fears, sorrows, and joys. Often people seek out a spiritual director during a time of transition in their lives. A spiritual director is not a therapist, but helps you listen to your life with the reverence and care it deserves.

(from Sacred Ground Center for Spirituality)

The Logistics:

Often formal spiritual direction happens in monthly meetings of an hour or more. The needs and situation may call for a different arrangement.

Typically, spiritual direction is \$25-\$50 per hour.

Fee and timing is discussed in the first introductory meeting.

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