

What is Spiritual direction?

A reflection by Rev. Betsy Sentigar

In spiritual companionship, a trained or experienced companion uses deep listening to encourage the spiritual story of the other to unfurl. Through this relationship, the person seeking companionship is empowered to explore a deeper experience of God, the Holy Spirit, a higher power.

This ministry is practiced in the “in between” times ...not in church, not in adult hour or a sermon. It is the practice of “Holy Listening” whereby a sacred space is created to be present and available to another. All of us are hungry seekers for that which we cannot specifically name. Church nourishes us with the Eucharist, scripture, with community, and communal events.

Often we may have an experience of grace or of God which happens in our lives. Contrarily, we may be lacking this as seek a deeper meaning or experience which we have not yet explored. *Where do we find the resources, opportunity to question and explore and to tell our stories. Spiritual direction is that very place.*

Sitting with a spiritual director provides one a space to

- Reflect on God’s action in our lives
- To responde to God’s initiative

As St. Julian or Norwich was asked how she prayed for a friend , she remarked, “I look at God, I look at you, I keep looking at God.

Spiritual direction affirms that God is continually present and active in each person’s life. God continues to reveal himself *in us* and *with us* . Together we prayerfully respond to God’s invitation to co-create with us.

Rev. Deacon Betsy Sentigar is a spiritual director in the northern convocation of the Diocese of Bethlehem, Pa. and the Elmira/Corning/Ithaca area of New York State. . She

received her certificate of spiritual direction from the “**Wings**” program in Rochester, NY (2009) under the direction of the Very Rev. Barbara Price, Fr. John Colacino, and Fr. Han vandenBlink(PhD) . She also has a certificate in group spiritual direction from Shalem Institute (2011-2012) under the direction of Anne Grizzle. Betsy completed the 19th Annotation Spiritual Exercises of St. Ignatius thru the Mercy Spirituality Center in Rochester, NY (2016). She enjoys both individual and small groups with direction and small group work focusing on individual spiritual needs and a complement of spiritual practices per request.

Rev. Betsy currently is serving Christ Church Towanda as Deacon - in - charge. She was ordained to the transitional diaconate in the Diocese of Bethlehem, Pa. in August 2021 and anticipates her priestly ordination sometime in 2022.

Rev. Betsy can be reached via email at betsysentigar@gmail.com and by phone at (607) 426-8676 for individual or group spiritual direction