

Tracey Marx

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studied spiritual direction with the Shalem Institute for Spiritual Formation, and received her certificate of completion of the Program in Christian Spiritual Guidance in 2003. She feels particularly called to encouraging others in their creative faith expression, through journaling, poetry, artwork and other artistic avenues. Tracey is a Presbyterian minister currently working as a writer and retreat leader. Tracey's husband Dale, is the Director of Youth Ministry here at First Presbyterian and they have two young children. She meets with directees in her home office, or in the McClintock Chapel at Highland Presbyterian Church on Oregon Pike.

Mike Mumma

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is a graduate of Oasis Ministries' spiritual direction program and has also completed their 3rd year *Deepening Program*. He is a business person, a member and elder of Highland Presbyterian Church, and serves on the board of Oasis Ministries. Mike has been offering spiritual direction since 2005, and considers it a privilege to companion those who have responded to the urge to further seek God's presence in their lives.

Bryer Helmer

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has been an active spiritual director for 17 years, having received her training in Spiritual Guidance from the Shalem Institute for Spiritual Formation. She has also been nurtured through her association with Oasis Ministries for Spiritual Development and Kairos School of Spiritual Formation. To companion others on their spiritual journey and watch God's transforming love at work in their lives, is a privilege and a constant source of joy for her. She is a wife, mother of three grown children, and "Grammy" to three young granddaughters.

Ezetta Walter

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has served as a spiritual director since 2003. She was trained at Oasis Ministries and graduated from their Spiritual Direction for Spiritual Guides program. She attends Supervision for Spiritual Direction through the Kairos School of Spiritual Formation and attends their retreats. Ezetta is very involved in the ministry of First Presbyterian Church. She participates in the Healing Ministry and served as Moderator of the Deacons in 2007. Ezetta returned to her birthplace, Lancaster County, from the Boston area in 2000, and has been excited to join her family in a wide range of activities. Her children live in Hong Kong and Oakland, CA, with their families.

Spiritual Direction

at
**First Presbyterian Church
Lancaster, PA**

Church Contact Information

First Presbyterian Church

140 E. Orange Street

Lancaster Pa, 17602

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What is Spiritual Direction?

Spiritual direction is the ancient practice of one person accompanying another in the spiritual life. It is also called spiritual companionship.

The heart of the spiritual direction conversation is the directee's ongoing relationship with God. The director seeks to encourage, nurture and support that relationship.

Spiritual direction is considered a three-way conversation, where we remember that God is always with us and is an active participant in the time together.

Spiritual direction is not:

- Counseling
- Pastoral care
- Problem-solving
- A substitute for participation in the life of a community of faith

A spiritual director is not a therapist or pastor. There is no claim to spiritual superiority or special status. Nor is there any theological agenda. Rather, a spiritual director can act as a gentle guide who helps you to listen to the movement of the Holy Spirit in your life. All sessions are private and completely confidential.

What is a Spiritual Direction session like?

Spiritual Direction sessions take place monthly and last fifty minutes to an hour. Within each session, there is time for:

- The directee to share about their prayer & how they have sensed (or not sensed) God's presence
- Questions to help focus the conversation
- Silence
- Prayer
- A scripture focus or other suggestion for the directee for the following month

Other elements can include scripture reading, guided imagery, relaxation exercises and meditative music. Periodically, there is a mutual evaluation, to make sure it is meeting the needs of the directee. There is usually a fee or a donation for the sessions. Scholarship assistance is available for members of the church.

What is the focus of Spiritual Direction?

The focus of spiritual direction is attending to the directee's prayer life. However, he or she may bring a certain question as a focus, such as:

- How can I pray more deeply?
- How can I establish a devotional practice that is right for me?
- How can I articulate what I believe?
- Where am I in my spiritual journey?
- What are my spiritual gifts and how can I use them?
- How can God help me in my decision-making?



The Wellspring Room

The Wellspring Room, located on the 2nd Floor Christian Education hallway, is a room that is dedicated to spiritual formation and prayer at First Presbyterian Church. Spiritual Direction sessions can take place in this room.

Spiritual Directors

The First Presbyterian Church community currently has five spiritual directors. They are not on staff of the church. However, the Spiritual Nurture ministry team and the session of the church encourage this ministry. Please contact a director or one of the pastors to find out more:

Alicia Conklin-Wood

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is a retired Presbyterian minister, now serving as a Parish Associate at First Presbyterian Church. She is an experienced spiritual director with training from the Shalem Institute in Bethesda, MD. Some of her special interests are Celtic and women's spirituality and the mystics. Alicia is a wife, mother of three adult children and grandmother of five grandchildren. She also has a large yellow lab, Calvin, who is a certified therapy dog. She normally sees directees on Tuesdays and Thursdays in the Wellspring Room, FPC.