



**Spiritual Direction: A Sacred Journey**  
**A FREE, Virtual Presentation on the Ministry of Spiritual Direction**  
***Sponsored by the Emmaus Center for Spirituality***

We invite you to a **free, virtual presentation** on the ministry of spiritual direction. Many of us may have heard about spiritual direction, but few of us understand what it actually is. In this presentation, you will:

- Learn about the history of this ministry within Christian traditions
- Gain insight into some reasons why individuals may decide to engage in the process of spiritual direction
- Explore what the process is/how it works
- Be provided with information about how to find a spiritual director

**WHO**

This presentation will be most helpful for individuals who may have heard about spiritual direction and want to know more about what it is, when it may be helpful, how it works and how to find a director

**WHEN**

We are offering two sessions; one during the day and one in the evening. Please attend the one that works best for your schedule:

Tuesday morning: **October 20; 10am to 11:30am** via Zoom

**OR**

Tuesday evening: **October 27; 7pm to 8:30pm** via Zoom

**WHERE**

Because of the pandemic, this presentation is offered via Zoom. You will need the Zoom app in order to participate. When your registration is received, you will receive a link, via email, for this meeting

**REGISTRATION [Deadline: Friday, October 16, 2020]**

To register, please email: [registration@emmauscenterforspirituality.com](mailto:registration@emmauscenterforspirituality.com) , and **indicate which session you want to attend.**

**QUESTIONS: Contact Karen Scully at [scully.karen@gmail.com](mailto:scully.karen@gmail.com)**

### **Presenters**

**Eileen Crusan** has more than 13 years' experience as a trained spiritual director and eight years' experience as a trained supervisor of spiritual directors. She graduated from a four year formation program in spiritual direction and completed her supervisory training through Together in the Mystery Program, a supervisory program affiliated with San Francisco Theological Seminary. Eileen also serves as an instructor with the Spiritual Direction Formation Program currently sponsored by Fairfield University and as an instructor with the Together in the Mystery supervisory program. She is trained in Ignatian spirituality and offers the experience of the Spiritual Exercises of St. Ignatius. In these days of the pandemic, she continues to offer spiritual direction, supervision and the Spiritual Exercises via phone or Zoom. She is a member of Spiritual Directors International. Contact Eileen at: [holyground@carolina.rr.com](mailto:holyground@carolina.rr.com)

**Antoinette Okala Enohmbi** serves as a spiritual director in Charlotte, NC and is an active member of Spiritual Directors International. Antoinette holds a B.A. degree in Psychology. Her perspective and understanding of God's love and presence is built from her personal life experiences, her work as a counselor and special-education teacher and her completion of the four year Fairfield University Spiritual Formation program. In addition, she has a strong background in Ignatian spirituality and currently serves as a mentor with the Spiritual Direction Formation program currently sponsored by Fairfield University. Antoinette is open and available to journey with individuals who are seeking a deeper and more personal relationship with God and want to find God's presence within them and in their daily life. She is available to meet via phone, Zoom or Skype. Please reach her directly at: [antoinetteabe@yahoo.com](mailto:antoinetteabe@yahoo.com) or 301-404-4261.

**Karen Scully** is completing her final year of spiritual director in formation in Fairfield University's four-year Spiritual Direction Formation Program. After retiring from a career in medicine, she and her family moved to Charlotte where they became parishioners of St. Matthew Church. Karen became a pastoral care minister and also became involved in the Special Religious Education (SPRED) program at St. Matthew. SPRED welcomes those with intellectual and developmental challenges into full participation in the faith community of St. Matthew. The goal of SPRED is to help children as well as adults increase their awareness of God in their lives, as well as develop an awareness of themselves as an integral part of the parish community. Karen offers spiritual direction to all who are interested in deepening their relationship with God in their day-to-day lives, and also offers spiritual companionship to those with intellectual challenges. She also has a Master's degree in Ethics and is a member of Spiritual Director's International. At present, Karen offers spiritual direction by phone or Zoom. She may be reached at [scully.karen@gmail.com](mailto:scully.karen@gmail.com)