SAINT LUKE INSTITUTE
8380 Colesville Road, Suite 300 • Silver Spring, MD 20910-6264 • 301-422-5419 • SLI.org • SLIconnect.org

Virtual Group Spiritual Direction: Prayerful Listening in Small Groups

"The intentional goal of group spiritual direction is to help each participant become more aware of God in their lives, for the sake of others. In other words, it leads to an awakening of the soul. This awakening then leads to a life which is purposeful and intentional. Group spiritual direction helps individuals grow in their faith, love others more fully, and participate in the mission of the church more effectively." — Alice Fryling

A Prayerful Advent Experience

This is an Invitation to Listen, Reflect & Discern. A Group Spiritual Direction experience will begin November 30, 2026 for four to six women religious who are interested in deepening their awareness of God's presence in their lives.

The group will meet monthly on Zoom for 90 minutes through April 2027.

With the guidance of trained spiritual director Linda Mastro, participants will prayerfully consider a situation, season of life, or question through a spiritual lens. Rather than offering advice or trying to solve problems, group members will practice prayerful listening, reflection, curiosity, and discernment.

Group spiritual direction creates a sacred and confidential space where each person has an opportunity to share, be heard, listen deeply, and become more attentive to God's presence and movement in everyday life.

The group will follow agreed upon guidelines and a structured process that encourages thoughtful participation and honors each person's experience.

The first meeting will introduce the purpose, practices, and process of group spiritual direction. One or two participants will also have an opportunity to bring forward an aspect of their lives for prayerful listening and spiritual reflection.

No previous experience with spiritual direction is necessary—only a willingness to approach the experience with openness, curiosity, and a listening heart.

The cost is $200 for six sessions. Interested in learning more? For more information or to register, please contact:

Kathleen Hope Brown, D. Min.
Director of Spirituality and Pastoral Care
8380 Colesville Road, Suite 300
Silver Spring, MD 20910
KathyB@sli.org