

# CATHOLIC NEWMAN CAMPUS MINISTRY

Serving the University of Houston ~ Main Campus  
Archdiocese of Galveston ~ Houston ~ D.S.F. Supported  
4805 Calhoun Rd., Houston, TX 77004~2611 Office # (713) 748 ~ 2529  
Email: [catholic@uh.edu](mailto:catholic@uh.edu) Website: <http://uhcatholic.org/>  
Facebook: <https://www.facebook.com/CatholicCoogs>

## **SPIRITUAL GUIDANCE**

**Your Faith Journey with a Spiritual Companion**

### **What is Spiritual Guidance?**

Spiritual guidance, although practiced in the Church for centuries, is increasingly sought by people today who seek a deeper relationship with God and want someone to companion them in that search. Tradition has consistently defined the practice of spiritual guidance as an art that recognizes and honors the Holy Spirit as the true director.

Spiritual guidance is a privileged time and place to confidentially reflect with a trusted person about your relationship with God. The focus is your life with God as it is lived out in all your experiences. Spiritual guidance is for those who may be experiencing life's transitions and even at times seeking God when it feels like God is distant.

In spiritual guidance, you reflect deeply on the experiences of your daily life. The intended "content" for each session is what you bring ~ prayer, images of God, questions of faith, relationship situations, joys, sadness, fears, and hopes. What takes place during the session is what God desires.

The spiritual companion cherishes the relationship between God and the one seeking guidance and does not tell the other what to do or what path she or he should be following.

### **What is your Commitment?**

Your commitment to this relationship is to come to the sessions with an open stance, desiring the guidance of the Holy Spirit and to grow in your relationship with God. The scheduling of appointments is open-ended, based on your needs.

For more information about the UH Catholic Newman Center Spiritual Direction Ministry, please contact Fr. John Paul Bolger, C.C. at (713) 748 ~ 2529 or e-mail at [jp3ccnewman@gmail.com](mailto:jp3ccnewman@gmail.com)

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## Spiritual Guidance Ministry

### SPIRITUAL GUIDANCE QUESTIONNAIRE

We ask you to complete this form to assist us in finding a Spiritual Guide for you. Your information is held in strict confidence.

Complete Full Name: \_\_\_\_\_

Home Street Address: \_\_\_\_\_

City, State and Zip Code: \_\_\_\_\_

Home / Cell Phone #: (\_\_\_\_) \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

**(Please feel free to complete your responses on another sheet of paper and attach to this form)**

- Briefly describe your relationship with God. How do you experience God in your everyday life?
  
- What are you currently using as a basis for your prayer? How often do you take time for personal prayer? How long are your prayer times?
  
- What do you hope to gain from spiritual guidance?
  
- What led you to seek spiritual guidance at this time?
  
- What days/times are more convenient for you to meet with a guide? (days/evenings)

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

**Please return this form to: Fr. John Paul Bolger, C.C., Director**

