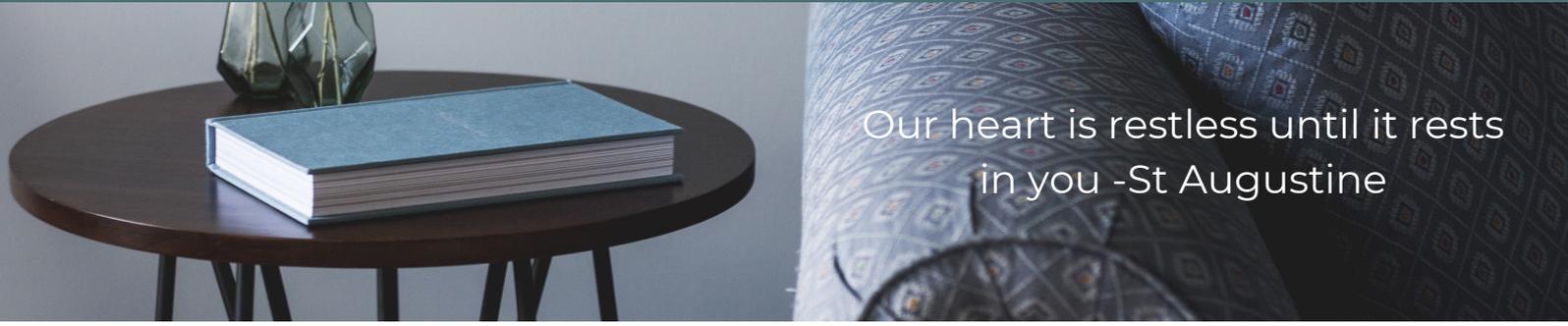


Spiritual Direction

at the Haven Retreat Center in Orange, CA



Our heart is restless until it rests
in you -St Augustine

What is Spiritual Direction?

Spiritual direction is a safe place to explore your questions and concerns about your life with God. A Christian spiritual director is a trained listener who will accompany you as you share about your spiritual journey, helping you to notice God's presence and activity along the way, as well as your personal reactions and responses. Hospitable, confidential, and grounded in biblical truth, spiritual direction is a ministry that helps you grow in prayer and live in your calling as a follower of Christ.

-ESDA, Grafted Life Ministries

Contact
Maryl De Milo

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The Spiritual Director at the Haven



In spiritual direction, together we will explore where God is at work in your life, and learn how to open to Him, so that you may know Him more deeply and know yourself more truthfully.

I have been a SD since 2016. I seek to incorporate all of life, including dreams and imaginative prayer as a means to spiritual growth. I also am trained in Ignatian Spirituality.

I am direct, warm, and intuitive. I ask questions with gentleness and boldness. I find the humor in all our humanity. Life and love are aright around the corner, sometimes we just need someone to help articulate and reflect what God might be up to.

I look forward to journeying
with you on retreat.

Maryl De Milo

Services Offered

- Retreat Spiritual Direction (after retreat is booked) \$60
- Retreat planning including one 20 minute phone consultation and personalized 48 hour retreat plan \$75

What to Expect

- A session usually lasts for about 45 min on Zoom or in-person
- Every meeting is confidential
- I will guide the dialogue through attentive listening and thoughtful questions
- I pray for you before, during, and after your retreat
- I may suggest practices or share different perspectives that might be helpful but they are just "suggestions"