

The Center for Spiritual Formation The Ministry of Spiritual Direction

Year 1 Creativity in Spiritual Direction

with Kathy Milans

Saturday, June 13, 2025

How can creativity and imagination enrich the work of Spiritual Direction?

This interactive session will explore how the creative arts are used in Spiritual Direction to facilitate Divine connection.

There are no specific readings or work to be done prior to the session.

Please have the following materials ready for the session:

1. At least 10 pieces of paper; white and/or colored
2. Crayons and/or markers
3. Scissors

Optional materials you may want to use during the session:

1. Watercolors
2. Paints of any kind
3. Pastels
4. Play Doh or clay
5. Magazines or any pictures for collage
6. Stamps and ink