



Letter of Reference Spiritual Direction Internship

Please take some time to reflect on your knowledge and relationship with:

In your letter of recommendation please include the following:

- ✦ Length and nature of your relationship with the applicant.
- ✦ A frank appraisal of the applicant's gifts and limitations for being a spiritual director.*
- ✦ An assessment of how they interact within a group that is focused on reflection and self-disclosure.

Please send your letter of recommendation to:

Spiritual Life Center
77 Sherman St
Hartford, CT 06105

Or send via email to: info@spiritlifectr.org

*Spiritual Direction, also known as Spiritual Mentoring, is a process of deepening a person's spirituality. In Spiritual Direction the "director" helps a spiritual "seeker" to notice, name, reflect on, and respond to her or his experience of the Sacred in everyday life as well as in extraordinary moments of joy, loss or trauma. In a typical monthly spiritual direction meeting the seeker brings the stories of his or her journey and/or any life experiences to reflect on. Together the director and seeker look for and attend to the movement of the Divine in the seeker's life.