



JOURNEY TO GOD AND SELF

COUNSELING

... is a psychological interaction involving two or more individuals, whereby one is able to help the other person live and function more effectively by digging into issues. The goal is to assist directly or indirectly in adjusting to environments that influence that person's psychological well-being.



A Samaritan traveler was moved with compassion at the sight.

...is an age old practice of sitting and discussing your relationship with God with a Spiritual Director.

SPIRITUAL DIRECTION

Why Meet with a Director?

- Discover ways to establish or enhance a relationship with God
- Learn how to live your relationship
- Deepen your relationship
- Discern decisions based on your relationship
- Hear the call



Wherever two or more are gathered in my name, I am there.

A Spiritual Director will walk side by side with you as a companion on your spiritual journey. This is designed to assist you in your awareness of God. Although called direction, only God directs—a director is more a companion for the journey.

The serious problems in life are never fully solved. The meaning and purpose of a problem seems to lie not in its solution but in our working at it.

—Carl Jung



A good shepherd lays down his life for the sheep.

Spiritual direction is, in reality, nothing more than a way of leading us to see and obey the real Director — the Holy Spirit hidden in the depths of our soul.

—Thomas Merton,
Trappist monk

OUTREACH SERVICES

For information or to schedule a preliminary consultation at no charge, please contact us.

Staff Counselor
Mary Brenner, LPC
Phone: (405) 359-8539

Spiritual Direction Staff: Marilyn Seiler
Phone: (405) 340-0691 ext. 197

OUTREACH SERVICES

COUNSELING & SPIRITUAL DIRECTION AT RAPHAEL HOUSE



Prayer of both of them was heard in the presence of God. Raphael was sent to heal.

It is easy for us to see influences in the world that try to dictate the way things should be in our lives. As we walk our spiritual path, we turn off the voices in the world and sharply tune in to the voice of our Faith.

A critical part of walking the path is to walk with a trusted advisor, a peer, one who prays to know, practices Truth and is devoted to the Way.

In the way that spiritual companions Mary and Elizabeth, the Samaritan and the Levite, and Tobias and his father are there for each other the presence of the Divine, so too we believe it is prudent to walk the path with one who is devoted.



RAPHAEL HOUSE FOR COUNSELING & SPIRITUAL DIRECTION

St. John the Baptist's Raphael House for Counseling and Spiritual Direction is a center dedicated to the healing of the mind and soul.

It is adjacent to the church, located at 114 E. 10th and accommodates two counselors, several spiritual directors and group session leaders.



OUR PATRON SAINT

The house is named after the Archangel Raphael. Unlike most saints, Raphael the Archangel was never a human being who lived on Earth, instead has always been a heavenly angel who was declared a saint in honor of his work helping people on Earth.

Saint Raphael the Archangel serves as the patron saint of healing, serving people who need healing for their bodies, minds, or spirits, and helping the people who care for them—such as doctors, nurses, pharmacists, and counselors.

At the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy.



SPIRITUAL DIRECTION

A Spiritual Director is an individual who has had extensive training in the ministry of Spiritual Direction. The Directors continue their training with ongoing education, meeting with a supervisor, regular sessions with their Spiritual Director, and membership in professional organizations. You will find that they view the time spent in Direction to be a privilege and a commitment to your spiritual journey.

Usually, confidential sessions are one hour once a month. A stipend of \$40-60 per session is paid to the Director. No one is refused services due to inability to pay.

CANCER SUPPORT

Meets at 7:00 p.m. the second Monday of the month. All survivors and caregivers are welcome. There is no charge for participation.

GRIEF SUPPORT

Individual and group sessions for discussing the death, loss, and the corresponding feelings are available. Group sessions are generally 2-4 times/year for six sessions each.

WHERE YOU WILL MEET

There are several rooms in the house that are used for individual and group sessions:

- **St. Ignatius Room**
—group sessions, such as Retreat in Daily Life sessions
- **Good Samaritan Room**
—individual counseling sessions.
- **Good Shepherd, Marian, and Visitation Rooms**
—individual spiritual direction sessions.

COUNSELING

In our personal journeys toward life's deepest meanings, we sometimes lose our way.

Counseling or psychotherapy can be the stabilizing influence, the light in the dark. Through counseling, your best intuition can lead you closer to God and ultimate peace.

Counseling hours are by appointment with a licensed professional counselor (LPC). Day and evening appointments are available. Appointments may be made by calling at (405) 359-8539.

Services are offered on a sliding scale according to family income and no one is refused services due to inability to pay. Services are payable at the time of service. In some instances testing is recommended. You are responsible for the expense of testing,

A fee of \$25 will be charged for any appointment not canceled at least 24 hours in advance.

Counseling sessions are based on the 50 minute hour.



Counsel the doubtful

Comfort the sorrowful

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