



PROSO Individual Spiritual Outreach Opportunities Spiritual Direction and Spiritual Consultations

God powerfully works through **pastors, sisters or parish ministers** to answer spiritual questions. **Prayer partners** intercede in times of need. **Friends and mentors** provide valuable insight into decisions. Licensed **Counselors** offer short-term, practical advice on problems and relationships issues. **Therapists** treat diagnosable psychological or mental issues, addictions, or uncover causes of emotional pain. All these people reach out and help others heal and grow in body, mind and spirit.

PROSO (Providence Spiritual Outreach) provides two other types of individual spiritual support and encouragement.

- **Spiritual Direction:** A **PROSO Spiritual Director** with formal training, experience and supervision accompanies you during monthly one-hour sessions focused on your relationship with God. Your Spiritual Director attentively listens to your experiences, prayer life, hopes and dreams and may suggest Scripture passages, inspirational readings or spiritual aids. You are encouraged to become more aware and responsive to God, the Ultimate Spiritual Director.
- **Spiritual Consultation:** A **PROSO Spiritual Consultant** lets you privately discuss matters of faith, life and prayer. Come for a few sessions for tools to help you assess spiritual well-being, identify spiritual gifts and obstacles, or learn about new ways to pray or journal. As for some sound tips for making faith-based decisions or discerning God's call. Your Spiritual Consultant can provide short-term support as you explore the spiritual impact of losses, pandemic changes, personal transitions or other life experiences. They also serve as private directors for PROSO retreats.

Both Spiritual Direction and Spiritual Consultations can be done in-person, virtually (online) or by phone. Sessions include moments of prayer, brief feedback/input, or questions that evoke thoughtful conversations. **PROSO Spiritual Directors and Spiritual Consultants do not replace trained counselors or therapists, and will make referrals when needed.** They help you spot God's activity, offer a safe, supportive place to raise honest questions and doubts, and reverence hearing significant parts of your life story.

What Happens when I make a PROSO Initial Spiritual Outreach Inquiry?

After you complete the online inquiry <https://www.cdptexas.org/proso-services> or call 210-707-8400 for information about our Spiritual Outreach Services, a PROSO Team member will contact you to discuss spiritual outreach options, costs, and your interests and availability. You can ask questions and decide if you want to set up an initial free “get acquainted” session with a spiritual director or consultant. You will learn how to fill out the necessary paperwork to schedule future appointments if the two of you choose to continue to meet.

How Much Does It Cost?

Specialized education, training, supervision, or business overhead costs for Spiritual Outreach Services are comparable to that of other professionals who charge for services. The national “going rate” for the spiritual direction and spiritual consultation services typically ranges from \$40 to \$125 per hour. PROSO’s standard hourly fee is \$60.

What if I Can’t Afford to Pay the Standard Fee?

There are sliding scale and payment plans. Some parishes, schools, organizations provide continuing education or professional development budgets that help cover expenses. In some cases private donors may be available. **Do not let concern about costs keep you from inquiring about PROSO spiritual outreach services.** We will do our best to work with you!

Some Final Thoughts

For centuries people have turned to spiritual mentors and guides to better appreciate and cooperate with God’s grace in their lives. Many religious traditions consider **Spiritual Direction** as a time-tested, sacred process for those who want to grow in spiritual insight and wisdom. **Spiritual Consultations** also are a newer way to feed your spiritual hunger and move forward in the spiritual journey. May you listen to how God calls you to best uncover the love, peace and blessings found amid the stress, worries and challenges of everyday life in today’s world. Blessings in Providence!

For more information about Spiritual Direction or Spiritual Consultations click on the blue [inquiry form](#) link found at the bottom of <https://www.cdptexas.org/proso-services> (preferred method), email us at proso@cdptexas.org or leave a message for the PROSO Team at 201-707-8400.



*God has fed hungry wild birds and starving people for thousands of years with the ancient natural grain called Proso. **PROSO (Providence Spiritual Outreach)** collaborates with Sisters, lay Associates and other colleagues of the Congregation of Divine Providence, to employ traditional, digital, and virtual spiritual outreach to feed modern-day spiritual hunger.*

PROSO Ministry ● Dayton Office ● PO Box 214 ● Dayton, OH ● 5409

proso@cdptexas.org ● 10.707.8400