

ADDITIONAL SERVICES

Individual Spiritual Direction/Guidance

Spiritual direction is the ancient art of Christian listening done in a one-to-one trusting relationship. It is when one Christian is trained to be a guide/mentor and “companions” another by listening to their life story. This “holy” listening and reflection provides a way of considering the movement of the Holy, of the Divine, in the heart and soul of the person. A spiritual director assists the seeker in uncovering and discovering the direction of God in the life of the individual. Through spiritual guidance, the individual is able to more fully recognize and embrace God’s voice and invitation, discerning how to best live a full and peaceful life.

Generally, a seeker meets with a director every 4-6 weeks for a period of one hour.

Fee: Please contact Spiritual Guides for their individual fee scale.

Available directors/guides:

Sr. Marie Regine Redig, SSND
(414) 445-9642
E-mail: rredig@ssnd-milw.org

Sr. Stelle DeVenuta, OSF
(414) 481-4006
E-mail: stellaosf@lakeosf.org

Carol Sullivan
(414) 425-8394
E-mail: thesullivans@tds.net

SOMA –Synthesis Body Work

Integrate your body, mind and spirit functions through a subtle body energy work that includes SHEN procedures. You will experience emotional responsiveness, flexibility and wholeness. The trained practitioner’s hands lightly touch your clothed body or direct the flow of energy to produce relaxation, to aid physical healing, and to release blocked emotions.

Fee: \$45

To make an appointment, contact Sr. Marie Regine Redig at (414) 445-9642 or rredig@ssnd-milw.org

Individual Career Counseling

Mount Mary offers individual career counseling for community members and Mount Mary College Alumnae who are interested in reassessing their career track, seeking new directions, and/or learning more about their career opportunities.

Community Members:

To arrange an appointment and obtain fee information, please contact the Counseling Center (414) 258-4810, ext 378.

Mount Mary College Alumnae:

To arrange an appointment, please contact Advising and Career Development at (414) 256-1243.

