

Your center for spiritual enrichment

The Spiritual Life Center, opened in 1982, is a community born in faith, gathered in love, and led by the Spirit. The Center's mission is to cooperate with God to invite and nurture, equip and sustain, and heal and transform individuals and the world through the ministry of spiritual direction. Affiliated with Spiritual Directors International (SDI), our primary focus is the training, supervision and support of spiritual directors. Our highly regarded two-year internship program has commissioned more than 125 spiritual directors to-date. In 2010 it moved to its present location.



Walking together with the Spirit

We invite you to call us for more information or to schedule an appointment to visit the Center. Also please visit our website at www.spiritlifectr.org

Spiritual Life Center
303 Tunxis Road
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www.spiritlifectr.org
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DIRECTIONS TO THE CENTER

From the West

Take I-84 East towards Hartford to Exit 39. As you exit, turn right at the first light onto Route 4 East (Farmington Avenue). At the next light (about 200 yards ahead), turn right onto South Road. Continue down a hill and through the next light. Take the first left after the light onto Middle Road. The retreat house is about one and one-half miles down Middle Road on the right side. *Note: Middle Road becomes Tunxis Road as you approach the retreat center.*

From the East

Take I-84 West towards Hartford to Exit 40. As you exit, turn right onto Ridgewood Road. At the second light, turn left onto Tunxis Road. Continue one and one-half miles. The retreat center will be on the left side, shortly past a lake.

From New York City and points south

Take I-95 North to I-91 New Haven. Follow I-91 North toward Hartford. In Cromwell, take Exit 22 onto Route 9 North toward New Britain/Middletown. Once on Route 9, follow directions for "From the east shore" (see below).

From Massachusetts and points north

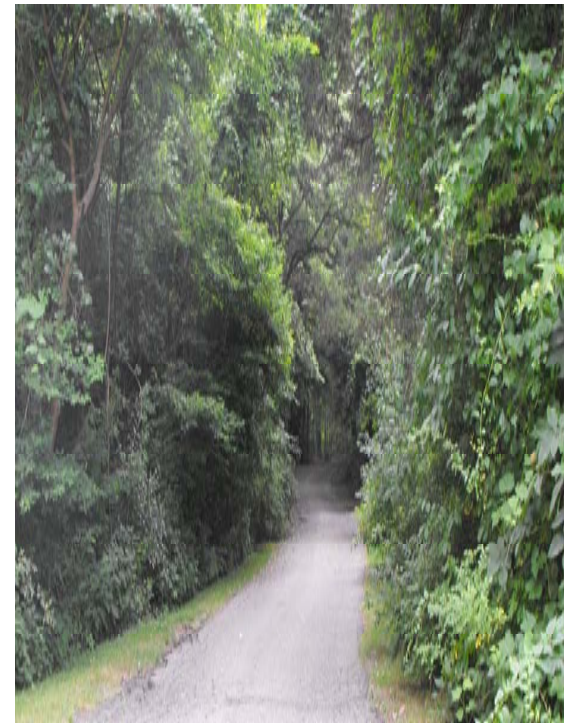
Take I-91 South to Hartford. Take Exit 32A onto I-84 West. Follow I-84 West to Exit 40. As you exit, turn right onto Ridgewood Road. At the second light turn left onto Tunxis Road. Continue one and one-half miles. The retreat center will be on the left side, shortly past a lake.

From the east shore

Take Route 9 North to Middletown. At the end of Route 9, turn onto I-84 East. Take Exit 40 (first exit). Turn right at the first light (towards Westfarms Mall). Take a right at the next light. Proceed under the highway, get into the left lane and turn left onto Ridgewood Road. At the second light, turn left onto Tunxis Road. Continue one and one-half miles. The retreat center will be on the left side, shortly past a lake.

WELCOME TO THE SPIRITUAL LIFE CENTER

"Spiritual direction has been a calming influence in my day-to-day life. It has opened my mind to being more accepting and tolerant."




**Spiritual Life
Center**
Walking Together with the Spirit

If you've ever felt a longing for something more in your life, but couldn't quite put your finger on it; if life, with its twists and turns, has left you feeling unsure of what the next step might be; or if you've found yourself searching for a more peaceful approach in your interactions with family, co-workers and others – then you may be seeking a deeper connection with your God. Spiritual direction is one practice that enables you to do that.

Welcome

The Spiritual Life Center resides in the former monastery building on the pastoral grounds of Holy Family Retreat and Conference Center in West Hartford, Connecticut. Blessed with a staff dedicated to helping others discover, explore and deepen their relationships with God, the Center serves the spiritual growth of individuals, groups, churches, businesses and non-profit organizations. With convenient access to I-84 and Route 9, the Center serves the Central Connecticut and Western Massachusetts regions and beyond.

Spiritual direction is an ancient practice with roots in many spiritual traditions. In recent times, it has grown into a global ministry that serves and embraces people of all faiths and walks of life. If you're interested in learning more about spiritual direction and its presence around the world, you may want to visit the website for Spiritual Directors International, www.sdiworld.org.

"The Spiritual Life Center has provided a safe and sacred place for me to listen for God in my life."



Wisdom for everyday life

The Center's well-trained and diverse spiritual directors offer individual and group spiritual direction, as well as a variety of programs, workshops and retreats related to the exploration of spiritual growth. Ongoing supervision of spiritual directors is an important aspect of our program, providing accountability and continued learning as part of the growth process. Our directors also go out to serve others in many caring capacities – hospice, churches, retreat centers, workplaces, shelters – and their gifts and skills naturally overflow into relationships with family, friends and others they encounter along their way.

Many spiritual paths, one Divine journey

As an interfaith, non-denominational community, we welcome people from any religious background or spiritual path. Many people choose to converse individually with a spiritual director who will accompany them on their journey to a closer relationship with God. You may be more comfortable exploring this relationship with other people in a small group. If you represent a church, business, or non-profit agency and would like us to develop a nurturing or sustaining program suitable for your members or staff, we are available to share in that process with you.



"Participating in the Spiritual Life Center has revitalized my ministry. It has helped me to come home to my original call to serve..."