

Rights of Passage

There are certain events in life which are momentous and sacred. These milestones mark important occasions which shape our lives and help define who we are. Rites of passage tend to be connected to age, religion, education, work and relationships. Some of the more common rites of passage are:

- Birth
- Religious sacrament (baptism, christening, baby dedication, communion, confirmation)
- Coming of age
- Graduation
- Marriage (sometimes marital loss)
- Parenthood
- Promotion
- House blessings (and other transitions)
- Retirement
- Death

Some rights of passage are within our control and some are not. Some are joyful, others are difficult. Some stir up opportunity and confidence while other stir up insecurity and uncertainty. Whatever the age or event, sometimes we need help journeying through that particular milestone. We may need someone to help us celebrate or someone to help us grieve (and sometimes both) depending on the situation. A Spiritual Life Coach can join us in some of these major life transitions ranging from new life to mid-life to end of life, helping us journey through the good, the bad and the ugly. Sometimes there are more questions than answers and the understanding does not come intellectually but through spiritual surrender. These are often the moments in life which make us or break us. We are shaped into new people as we prepare for the next step, whatever it may be.



Getting Started

There are many ways to receive Spiritual Life Coaching. For example, you can set up an appointment for a one hour session at the Friends Spiritual Life Coaching Office at 3, 8607- 48 Ave N.W. (one block from Bowness Park) or you can arrange to spend half a day at Mt. St. Francis retreat Centre in Cochrane, a full day at King's Fold Retreat Centre or an evening of prayer and meditation at the FCJ Retreat Centre downtown. Most people begin with a one hour coaching session; your Spiritual Life Coach can help you discern if another arrangement would be beneficial.

Spiritual Life Coaching appointments are now available at **The Gull Lake Centre** for residents of Central Alberta. For location visit www.gulllakecentre.ca.

For more information about Spiritual Life Coaching or to set up an appointment email coach@frombeginningtoend.org or call (403) 880-3454.

www.frombeginningtoend.org

Donations to "From Beginning to End Ministries" are gratefully accepted .

Spiritual Life Coaching



companionship along
the journey



www.frombeginningtoend.org

Spiritual Life Coaching is a blend of Life Coaching and Spiritual Direction with an added touch of ancient wisdom and pastoral care. It looks at life from the holistic point of view, meaning God cares about all things in life and desires to interact with us and have impact on our daily living



Like a fitness coach, financial advisor or career counsellor, a Spiritual Life Coach can help bring spirituality into every day life and help coach our spiritual development. Through dialogue with a Spiritual Life Coach we can help discern God's voice and better recognize God's love and wisdom in life's daily events.

Spirituality

The very word stirs up all sorts of ideas for people, both positive and negative. According to Statistics Canada the vast majority of Canadians believe in God. While most people believe in God, many people don't know how to go about exploring religion and forming their spirituality.

Church works for some people but not for others. Some people like church programs, others flee from them. Some learn about God through sermons, others experience God more through music and for others it looks completely different.



That's the beauty of such a great and mysterious God; there are so many ways to experience God and understand God. A Spiritual Life Coach can help us explore God and grow in our faith. A Spiritual Life Coach takes an individual approach to spiritual growth rather than a one-size-fits-all approach. Approaching God in this personal way can bring us closer to God and help build a more intimate, life changing connection.

Relationships

Relationships are a huge part of our life and greatly impact our health and happiness. Whether we're introverted, extroverted, married, single or whatever our lives look like, the relationships we have affect us greatly.

A Spiritual Life Coach can help you evaluate your relationships, helping you work towards health and wellness. Whether it's communication, scheduling, social skills or other factors causing disharmony, a Spiritual Life Coach can help us work through these areas.



Marriage & Family

Marriage and family affect us all, whether it's our marriage, our parents' marriage or even our neighbour's marriage. The healthy or unhealthy relationships that created us and exist around us affect us in deep ways. Some marriage and family problems are severe and need counselling or therapy. People experiencing complicated issues, especially involving abuse, are advised to seek professional help. But some marriage and family issues can be improved with small changes which a Spiritual Life Coach can help walk us through.