

## Getting started...

If you would like the opportunity to experience spiritual direction/companioning, please contact us at 508-222-8530 or [office@lasaletteretreatcenter.com](mailto:office@lasaletteretreatcenter.com) for a consultation with one of our lay or religious certified spiritual directors.

Meetings take place at La Salette Retreat and Conference Center located at:

947 Park Street  
Attleboro, MA 02703  
(508) 222-8530

*Please note: In support of the ministry of Spiritual Direction there is a fee for ongoing direction. There is also a fund to assist those for whom the fee is a hardship.*

In addition to spiritual direction, the retreat center also offers days of prayer, retreats, grief education, bereavement support, pastoral counseling, Christian meditation, Spanish retreat experiences and a prayer shawl ministry. For more information on spiritual enrichment and any questions you may have about the retreat center offerings, please contact our office.

*For I know well the plans I have in mind for you, plans for your welfare and not for woe, so as to give you a future of hope. When you call me, and come and pray to me, I will listen to you. When you look for me, you will find me. Yes, when you seek me with all your heart, I will let you find me.*

– Jeremiah 29:11-14

## La Salette Retreat Center

La Salette Retreat Center is run by the Missionaries of Our Lady of La Salette, a community of priests and brothers. Inspired by Mary's tears shed at La Salette in 1846, the La Salette Charism is reconciliation.

When Our Lady appeared to the children of La Salette in 1846, she said, "*Come near my children, do not be afraid, I have come to tell you great news.*"

For over 50 years, La Salette Retreat and Conference Center has been a vital contributor to spiritual renewal and those seeking a deeper relationship with God.

We offer this place of retreat, rest and prayer, where people can be reconciled with God, others and self in a healing environment of peace, tranquility and prayer.



**The Wildlife Sanctuary presents a unique setting for communing with God in a natural environment. Come - discover its beauty!**

A sanctuary can be many things. For some, it is a place where nature is protected, a place for solitude, a safe haven for refuge, or a holy place for reflection. Attleboro Springs Wildlife Sanctuary at La Salette is all these things.

For centuries, this property has been protected by people aware of the powers of the natural world. You'll find in these woods and fields the remains of farm pastures, the Spring House, the Room of Oaks, Solomon's Gardens and Brothers Pond, all bearing evidence of centuries of people connecting to and altering this land, and allowing us to witness how nature has reclaimed it, time and again.

# Spiritual Direction/ Companioning



*"Our God is greater than our own heart and mind, and too easily we are tempted to make our heart's desires and our mind's speculations into the will of God. Therefore, we need a guide, a director, a counselor who helps us to distinguish between the voice of God and all other voices coming from our own confusion or from dark powers far beyond our control."*

– Henri Nouwen, *Reaching Out*



**La Salette Retreat and Conference Center**

**947 Park Street  
Attleboro, MA 02703-5115  
508-222-8530**

[www.lasaletteretreatcenter.com](http://www.lasaletteretreatcenter.com)

*Draw near to God  
and God will draw near to you*  
– James 4:8

Spiritual direction, which can also be referred to as spiritual companionship, involves meeting monthly, for 45-60 minutes, with a trained individual accompanying you as you look more closely at what's happening in your life as it relates to your relationship with God.

A Spiritual Director or Companion is someone who has been trained to assist another in their spiritual life and in deepening his/her relationship with God. All that is required is a willingness to seek God through prayer and reflection upon one's life experiences and the desire to grow closer to God.

*Be still and know that I am God*  
– Psalm 46:10

It is through God's grace and the direction of the Holy Spirit that the director companions one who is seeking spiritual direction.

Some of the fruits that often come from spiritual direction/companionship are:

- A safe and confidential place to share one's life experiences and to reverence desires and hopes among life's struggles, challenges, and joys in complete confidentiality
- A greater awareness of God's presence in your life and the world around you
- A more meaningful prayer life
- A deeper relationship with God
- Discernment through decision making

### ***Meet our Spiritual Directors...***

We have both lay and religious certified spiritual directors available to accompany you in your faith journey.

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- Fr. Bernard Baris, MS

*Fr. Bernie is the retreat center director. He has a varied parish pastoral experience which includes pastor of Sacred Heart Parish in Lebanon, New Hampshire for nine years, and pastor for seventeen years of Our Lady of the Cape Parish in Brewster on Cape Cod. In 2015 he became director of La Salette Shrine in France and now returns to La Salette Retreat Center which was his first assignment as a newly ordained priest. He also serves as director of La Salette Missionary Association.*

- Dorothy J Levesque

*A native of Fall River, MA, Dottie was a Religious of Jesus and Mary for 20 years and then worked in the ministry with Divorce and All Other Losses in the Diocese of Providence, RI. Since 2005, she has been a counselor and member of the retreat team at La Salette Retreat and Conference Center.*



- Sr. Annette Langlois SASV

*A Sister of the Assumption, Sr. Annette, is also a spiritual director and pastoral counselor. For 16 years she facilitated spiritual healing as chaplain at Sturdy Memorial Hospital in Attleboro, following her years as educator and parish associate in both Canada and the United States. She ministered as director of spiritual development in human service organizations.*

- Carissa A. Kane, CSD

*The married mother of two children, Carissa's ministerial experience spans 20 years and includes working with people of all ages in varying settings such as individual spiritual direction and directed retreats, faith formation, marriage preparation, prayer groups, and outreach to the sick and homebound. She is also a spirituality writer for [www.HopeThatFloats.wordpress.com](http://www.HopeThatFloats.wordpress.com) and a regular contributor to *Spiritual Director's International's* blog at [www.sdiworld.org/blog](http://www.sdiworld.org/blog).*

- Anna Rae-Kelly, M.Th., M.Sc.

*Anna has worked for 30 years in the Catholic/Christian education field as a college professor, faith formation coordinator and school teacher and has developed and presented multiple Catholic retreats for religious and lay groups. Anna is currently completing a book on spiritual direction entitled, "In the Absence of a Spiritual Director." Anna meets directees at the Retreat Center.*