



Franciscan Season of Giving

a word from Sister Justina

For the next several weeks we offer you voices from this Franciscan community so you may pay attention to what is sacred in your life.

A new cohort is forming to train Franciscan spiritual directors, apply now or consider a donation to support the tuition needs of someone like Sr Justina.

Apply Now



Becoming a Better Listener: A Journey of Grace

When I enrolled in the Franciscan Spiritual Direction Training Program (SDTP), I expected to gain knowledge and practical skills for accompanying others on their spiritual journeys. What I did not expect was how profoundly the program would transform my own

life. Looking back now, I realize that the greatest gift I received was not simply learning how to direct others spiritually, it was allowing God to direct me more deeply.

The Franciscan tradition taught me that authentic spiritual direction begins with attentive listening. I discovered that listening is much more than hearing words; it is creating a sacred space where another person can feel at home and can encounter God's loving presence. As I practiced this way of listening, I also became more attentive to God's voice in my own life. I learned to slow down, to embrace silence without fear, and to trust that God is always at work, even in moments of uncertainty.

One of the most beautiful aspects of the program was the spirit of oneness that permeated every gathering. The Franciscan Spiritual Center became much more than a place of learning; it became a community of faith, acceptance, and mutual encouragement. Every mentor, facilitator, supervisor, and fellow cohort member contributed to an atmosphere where each person's story was received with respect and compassion. In that environment, I experienced healing, growth, and a renewed appreciation for the sacredness present in every human life.

The Franciscan values of humility, simplicity, compassion, and peace gradually became more than ideals to admire, they became virtues I desired to embody in my daily relationships. Whether in ministry, family life, or ordinary encounters, I found myself becoming more patient, less judgmental, and more willing to accompany others without trying to solve every problem. I learned that sometimes the greatest ministry we can offer is our attentive presence.

This program has also deepened my understanding of God's unconditional and extravagant love. I have come to recognize that spiritual growth is not about perfection but about faithfully responding to God's invitation each day. That realization has brought me greater freedom, gratitude, and hope.

I am deeply grateful to the Franciscan Spiritual Center for creating a space where lives are transformed through prayer, learning, and authentic community. My special gratitude to them for offering me a scholarship, which enabled me to participate in this life changing program. I doubt I would have been able to participate in this program if not for the scholarship I received. Supporting this ministry means investing in people who will go on to accompany others with wisdom, compassion, and faith. The impact of this program extends

far beyond the classroom because every person who is formed here carries that gift into families, parishes, workplaces, and communities.

As I reflect on my journey, I can honestly say that I leave this program not only better equipped to serve others but also more aware of God's loving presence in every aspect of my own life. For that gift, I will always be thankful. The Franciscan Spiritual Direction Training Program has been a blessing that continues to shape my heart, my ministry, and my relationship with God.

Peace and goodness,

Justina Ifeyinwa Adogu, MSHR
Sister of the Missionary Sisters of the Holy Rosary, based in Zambia

August 2026

To make a charitable donation to the
Franciscan Spiritual Center
PO Box 144, Marylhurst, OR 97036
or
use our online portal.

Give

To share your own word of reflection, thanksgiving, or prayer
email info@francisspctr.com.

Franciscan Spiritual Center | PO Box 144 3159 Furman Dr. | Marylhurst, OR 97036 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!