

Name: Julie Paladino

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Will travel: No

Will meet virtually: Yes

Fee: none



Training/Certification: Franciscan Spirituality Center, LaCrosse, WI
Certification Completed on July 30, 2023

Relationship with God, Lived out in Daily Life

My relationship with God is one of gratitude, love, and service. I strive to pray each morning with the Holy Spirit prayer and scripture with the Magnificat prayer book. I pray before meals, and during my workout using the Hallow Catholic prayer app on my phone. Last year I completed *Catechism in a Year* with Fr. Mike Schmitz, and now I'm listening to his *Bible in a Year* podcast. I like to walk in silence or with sacred music as meditative prayer. I pray Liturgy of the Hours with my husband Phil each evening, and close the day with my prayer journal. Many times, God's presence is with my grown children and young grandchildren. I am active in our parish community with weekly Mass, and I minister as lector or commentator. (As the wife of Deacon Phil, I do a variety of things for the parish.) I lead the Women's Group; we attend daily Mass once-a-month and follow it with faith sharing. I also care for St. Mary's email prayer chain where I receive and send out requests for prayer.

Gifts, Talents, Skills, Life and Ministry Experience

Who I am is a gift from God; so is my joy, positive outlook, patience, fun, and creativity. I enjoy reading and learning, traveling, and reaching out to others. Communication skills are important in my family life (four grown children and eight grands). I use texts, emails and notes to stay in touch with loved ones, and this is important for staying in contact with directees also. I have been involved with church ministries for over forty years: Vacation Bible School, teaching religious education, choir, leading parish retreats, attending diaconate formation classes with my husband (Class XIV), Marriage Enrichment task force, Engaged Encounter, NCYC support team, and LOTEK. My husband and I attended Marriage Encounter as newlyweds, and it taught us the purpose of our vocation was to show others the love of God through our love. Five years ago, we walked the Camino de Santiago pilgrimage route (500 miles) over 33 days. Last year we hiked the West Highland Way in Scotland together (100 miles) over eight days. We were definitely blessed during these unique adventures and many others in our 42 years together.

Direction Style

My "style" is focused on silence and "to listen with the ear of the heart" (from the Rule of St. Benedict). I trust the Holy Spirit is present during each spiritual direction session. I sit quietly in prayer before the directee arrives. Our session begins by lighting a candle, spontaneous prayer by me, and silence. My own spirituality was formed by learning of St. Ignatius' Spiritual Exercises two decades ago. Each night I reflect on my day and find where I felt God's presence. I write a love letter to Him in my prayer journal. This practice affirms the many times God is present in my life. I will affirm to directees that God (the Divine, the Sacred) is present in their lives by asking them and listening as they share.