For women who dedicate their lives to the church, major life stresses may lead to despair, loneliness and an inability to serve.

But help is available.

Spirit House is a healing, residential community for women in ministry who are wounded in spirit.

I found Spirit House to be Sacred Space, a safe haven...where I could speak my truth, find understanding and feel loved...I came with tears of desperation. I left with tears of freedom and joy.

Since 1981, Spirit House has helped women from the USA and around the world reclaim their lives.

It is a place of hope and renewal.
The power to heal lies within when nurtured by a professional, caring staff and witnessed by the community of women who share the journey.

Who can benefit from a stay at Spirit House?

Adult women in Christian ministry--ordained, professed or lay—are welcome. Some of the life stresses that bring women to Spirit House include:

- physical, sexual, or emotional abuse as children or adults
- close relationship with someone who has a drug and/or alcohol addiction
- depression, anger
- loss of a spouse, child, parent, sibling
- challenges of aging
- overwhelming ministerial responsibilities
- inability to form and maintain satisfying relationships

How long is the stay?

Spirit House offers the opportunity to fully give oneself over to the workings of the Spirit for profound and lasting personal change.

Each woman who comes to Spirit House is unique, so the length of stay varies—from two or three months to a year.

Participants return to their homes or new settings with awareness and skills to live their lives anew.

What is the program?

During the week, residents have group and individual counseling and holistic health services such as massage therapy, tai chi and yoga. Other key parts of the program include spiritual direction; retreats; poetry, dream and literature discussion groups; and journaling.

Residents share cooking and other household chores. They also take time to enjoy the natural beauty of the area and nearby cultural attractions.

For those interested in joining the program, the completion of a two-day assessment in residence is required.

How can I help?

Please consider supporting the Spirit House mission with a financial gift.

Spirit House is a 501(c)(3) organization so your contribution is tax deductible to the extent allowed by law.

In addition, volunteers are needed to help with committees and projects.

Please contact Mary Ann Ayers, RSM, MA, Executive Director, for more information about Spirit House.

This place, this program and the people have been a blessing to me... I leave with a strong, healthy view of life and myself.

Spirit House
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