Spiritual Direction

Spiritual Direction is a developed and intentional friendship focused on your soul's unique journey with God. It is not about being "directed." As a soul companion, a spiritual director supports your desire to keep the spiritual life at the forefront of your heart and mind midst all the "stuff" of daily life. In a culture that knows how to provide places for the mind, emotions, will and ego to find expression, Spiritual Direction seeks to provide a safe place for the soul's expression. Spiritual Direction is an invitation to increase your accountability by prayerfully reflecting on how God, ever confronting and inviting, moves you towards growth.

If someone pays attention
To the part of me that struggles to know God
My search intensifies
The questing spirit grows bold enough
To claim its path
If someone believes with me
In the amazement of grace,
Prays with me, and reminds me
Of God's tenderness,
I live more thoroughly and bravely
In sacred time

- Author unknown

"Two are better than one … for if they fall, one will lift up the other." (Eccl. 4:9-10)

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