



**George Warriner**

**Contemplative Spirituality**

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**Would you like to share with someone, in complete confidence, about your walk with the Divine? To explore where the Spirit is working in your life? How may you increase your receptivity to the Spirit?**

**A Spiritual Director, a.k.a. a Spiritual Companion, will walk you on your spiritual path. The Director or Companion is like a trail guide who has previously walked the trail but is now a guide for your walk. You must do the walking. The Spiritual Director/Companion prayerfully listens to you and the Divine and, as you desire, will help you perceive where God is working in your life.**

**Meeting with a Spiritual Director/Companion one-on-one for about an hour every month is common. The setting is a quiet space without interruption. It can be done in person or through audio/visual conferencing.**

**I am a graduate of the School for Spiritual Direction and Formation (FIND), an ecumenical school created by the Episcopal Diocese of Texas.**

**I am a member of the Evangelical Lutheran Church of America (ELCA); a regular participant and facilitator on Meditation Chapel.org, an interfaith online meditation community; and an active Stephen Minister and Stephen Leader. I would be happy to discuss Spiritual Direction with you.**