



Kathleen Ellis

Spiritual Companion

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Because I believe creation is sacred and evolving, spiritual direction is an intentional, confidential conversation about your inner wisdom.

My intention is to serve you “as you are” while helping you pay attention to the spiritual side of life. My approach is inter-religious and inter-spiritual, so I may draw on more than one tradition that relates to your spiritual life.

My own spiritual practice has shifted over time. Simplicity and intention are key elements. My practice has to fit nicely into my life, as does yours.

Morning walks have sharpened my senses to the sights and sounds of nature, the faces of neighbors (and their dogs), and the sacred beauty of creation.

Meditation has served to quiet my mind, calm my spirit, and reveal the still, small voice in my heart.

Since my ordination as a Unitarian Universalist pastor in 1993, I served four congregations in Texas, and served as a consultant or mentor to ministers, seminarians, congregations, and Boards from here to Florida. Conversations with individuals and small groups about matters of the heart is the most deeply personal and fulfilling part of my vocation. That’s why I’ve chosen to focus on spiritual companionship for individuals or small groups.