

Spiritual Director



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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 you may increase your receptivity to the Spirit?

A Spiritual Director or Companion is someone who will walk with you on your spiritual path. A Director/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 prayerfully listens to you and to the Divine, and, as you desire, will help you to perceive where God is working in your life.

It is common to meet with a Spiritual Director, one on one, for about an hour monthly. The setting is a quiet space without interruption. It can be done in person or audio/visual conferencing.

I am commissioned as a Spiritual Director by the Episcopal Church, Texas Diocese, and a graduate of the Find School for Spiritual Direction and Formation. Further, I am a regular participant and facilitator on the Meditation Chapel, which is an interfaith online meditation community, and both an active Stephen Minister and Stephen Leader. I would be pleased to discuss Spiritual Direction with you.