

Spiritual Direction

...the ongoing journey...



- Spiritual Direction is the ancient practice of sacred, one-on-one conversation that nurtures awareness of and response to God's presence in your everyday life. The Spiritual Director and Directee are companions with one another and with God on this journey of spiritual formation and discernment.
- Spiritual Direction is not counseling or therapy with a problem-solving focus. However, insights gained often do lead to healing and wholeness.
- Sessions are usually scheduled monthly, but we can meet at whatever regularity works best for you. Each session lasts about an hour.
- The standard fee is \$50/session, due at the time we meet. Because spiritual formation can be such a meaningful experience, I do not want anyone to miss out because of lack of funds. I will gladly work with you to determine fees that fit within your personal or organizational budget.
- Those interested in the 32-week *Retreat in Daily Life* (also known as the 19th Annotation of the Ignatian Spiritual Exercises) meet weekly with their Spiritual Director. The standard fee for the Retreat in Daily Life is \$35/session or \$1,120 for the full retreat. Again, fee adjustments can be made as necessary so that all who feel called to make the Spiritual Exercises are able to do so.
- If you are unable to keep our appointment, please call or email at least 24 hours in advance. I will do likewise.
- Confidentiality is absolutely critical so that our spiritual direction sessions can be honest and genuine. I consider our conversations as a sacred trust and will hold what is shared in strictest confidence. The only exception is that I am required by law to report known or suspected cases of abuse or neglect.
- Thank you for prayerfully considering Spiritual Direction and the possibility that we may journey together along the way. Because spiritual direction is a process of growth and change, I recommend that from time to time we review the process and discern how best to move forward.

