

Certified Spiritual Director

My training and certification as a spiritual director is through the Southwest Network of Christian Formation and Direction Ministries (CFDM), a non-profit organization which has been training Christians for over 15 years.

The two-year program includes courses in practical theology, spiritual traditions and spiritual formation along with practicum, case studies, and supervision in giving and receiving spiritual direction. For more information about this organization and its programs, visit www.cfdm.org.

My Commitment

My work as your director is to focus my attention on your spiritual experience and points of self-discovery, and to explore with you God's will and purpose in your life. I will not try to analyze or fix you. Spiritual direction is a conversation of the heart directed by the Spirit of God. It uses all our human faculties (intuition, emotion, imagination, sense and intellect) to discern God's presence and will for you as you understand it. I commit to listening and walking with you on this journey of faith.



Spiritual Direction and Formation Ministry

*"Our real journey in life is interior;
it is a matter of growth, deepening,
and an ever greater surrender to the
creative action of love."*

~ Thomas Merton

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a place to rest on the
journey of faith.

What is Spiritual Formation?

Spiritual formation is simply the work of God in the life of a believer resulting in growth, transformation, renewal and freedom in Christ. There are many ways that God invites us to engage in the process with him including prayer, Bible reading, small groups, and worship among many others. Another less-known discipline is spiritual direction. Spiritual direction has a rich and long-standing tradition in Christian history as a God-given means to help people mature into the likeness of Christ.

What is Spiritual Direction?

The term *spiritual direction*, sounds like one person giving directions to another. A more accurate picture would be that the director is listening for how God is directing the individual's life. This spiritual discipline is also known as spiritual companionship or, as the ancients called it, "tending the holy." Whatever the name, these are conversations about life in the light of faith.

Frequently Asked Questions

Q What is the Role of a Spiritual Director?

A The spiritual director/companion is present to the directee through deep listening and personal support. This creates a safe environment to openly and prayerfully explore where God's Spirit is leading. The directee is encouraged to draw closer to God through conversation, listening and prayer.

Q What do you talk about in a spiritual direction meeting?

A We talk about what's on your mind...for example:

- What is happening in your life that separates you from living into deeper meaning?
- How is God present or absent in your life?
- How do you know God's direction for your life?
- How does your prayer practice nurture intimacy with God?

Q How often do we meet & how much does it cost?

A Traditionally a directee meets with the director one hour every month, remembering that the real work of direction doesn't necessarily happen during that hour but rather during the life that happens in between the meetings.