

***Reasons for seeking Spiritual Direction:***

*You find yourself wanting a deeper relationship with God.*

*Your search for God is at a crossroads.*

*You feel the need for someone to help in discerning the call of God for you.*

*You desire a companion to walk with on your spiritual journey.*

*You are experiencing emptiness, grief, loss, disappointments.*

***Gifts of Spiritual Direction:***

*Identify and trust your experiences of God.*

*Integrate spirituality into your daily life.*

*Discern and make difficult choices.*

*Share struggles, losses, or disappointments.*

*Find encouragement and affirmation in faith.*

*Grow in relationship with God, self, others, and creation.*

***For more information:***

*Contact Cathy Olds at [bridgetspcenter@gmail.com](mailto:bridgetspcenter@gmail.com)*

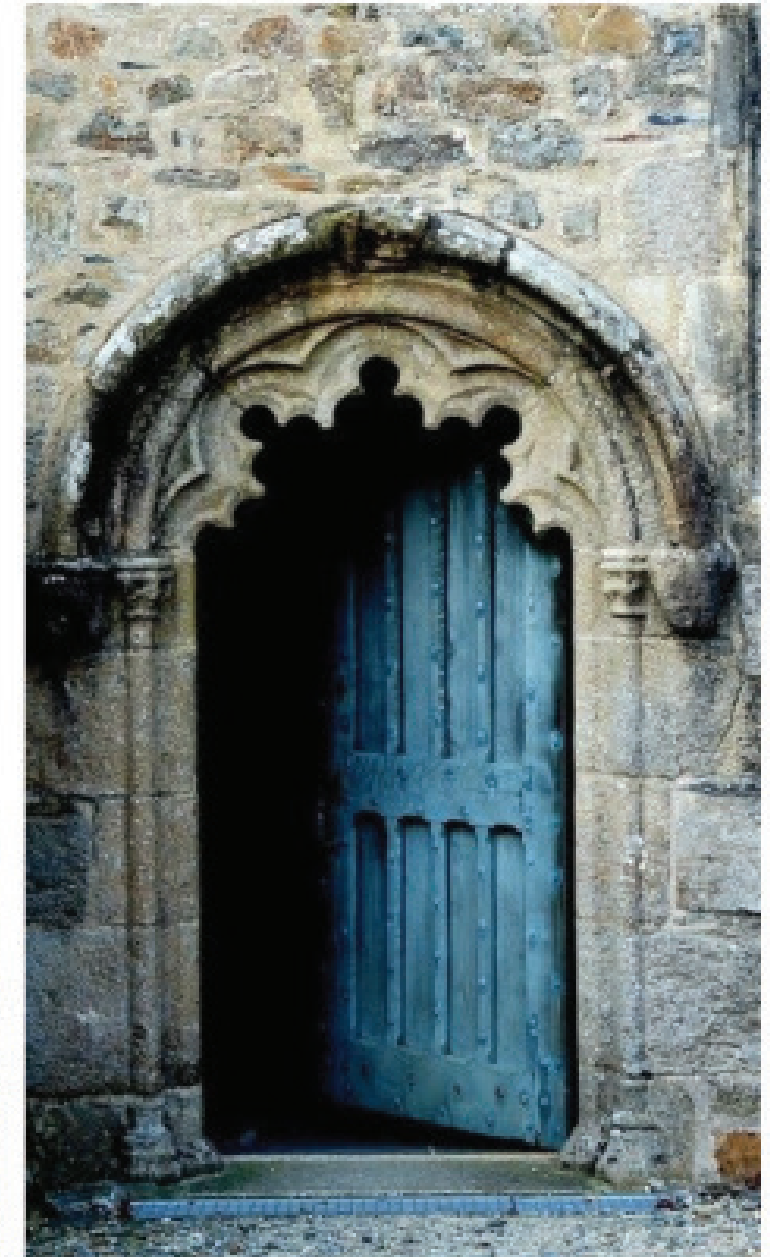
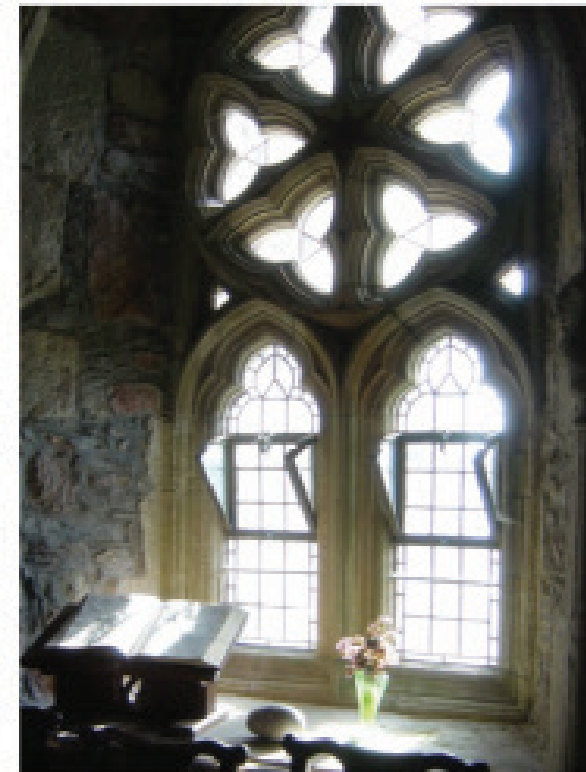
*St. Bridget Spirituality Center*

*A Center for Art & Spirituality in the Contemplative Catholic Tradition*

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*[stbridget.org/spirituality-center](http://stbridget.org/spirituality-center)*

# *Spiritual Direction*



*~ For Spiritual Seekers ~*

## Come Explore

*Spiritual direction encourages you to explore a closer relationship with God. In the midst of a busy life, many people find it difficult to take time for prayer and notice God's action in their lives. Yet, at the deepest level, all of us long for a more conscious experience of God's presence and love.*

## What is Spiritual Direction?

*Spiritual Direction is an invitation to deepen one's relationship with God and to grow in the awareness of God's loving presence in the ordinary events of life. Spiritual direction invites you into this relationship no matter your life circumstance or religious participation. God seeks us where we are.*

*Spiritual direction is not counseling, problem solving, or pastoral care and advice. Rather, the role of a spiritual director is to listen for the holy, to gently guide the spiritual seeker toward an openness to God's call in their lives. The spiritual director is considered a companion on the journey of faith, a "soul friend," and a guide. All sessions are private and completely confidential.*

## Spiritual Direction for Everyone

*Spiritual direction is an ancient tradition in Christianity, going back to the fourth century desert fathers and mothers. Today, men and women from many religious traditions, both lay and religious, priests and deacons, ministers and rabbis, are trained in the ministry of spiritual direction. Any adult seeking to deepen his or her spiritual life is encouraged to participate in this renewed practice. People of all faiths and walks of life are welcome.*

*Individuals interested in this spiritual practice meet one-on-one with a spiritual director or guide, usually once a month. Seekers are encouraged to "interview" spiritual directors to find someone who is comfortable to talk with and is supportive of your life circumstances and faith tradition.*

*We also offer group spiritual direction which includes finding support from others in hearing their stories, while discerning God's presence and actions in your own life.*

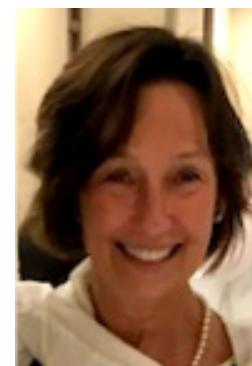
## Spiritual Directors

***Sheila Howe** is a licensed mental health professional for 38 years and trained spiritual director for 25 years with emphasis on the spiritual, emotional, and physical well-being of individuals and communities. She was a founding member and past president of Arizona Ecumenical Institute of Spiritual Direction. She currently has an online telemental health and spiritual direction practice. At the Franciscan Renewal Center, Sheila specializes in spiritual direction with couples and survivors of trauma and clergy abuse. She lives in Bandon, OR where healing walks along the coastal shore give great discernment of the movement of God in her life and her work.*



***Cathy Olds** has worked as a lay minister in the Catholic Church for 40+ years. She has a Master of Arts in Theology and certificate in Spiritual Direction from the Arizona Ecumenical Institute for Spiritual Directors. She has ministered as a spiritual director for twelve years and has the privilege of supporting those on the spiritual journey believing that God meets us where we are. Cathy has a love for Celtic Christian spirituality and women's spirituality.*

***Pat Root** received formation and certification in the art of Spiritual Companionship from the Hesychia School of Spiritual Direction and has been practicing for the last 13 years. Her style of Spiritual Direction is in the Celtic tradition, being an Anamchara or Soul Friend/Mentor walking together on the path of discovery and enlightenment, following the lead of the Holy Spirit. With Jesus as the Great Spiritual Director, she prayerfully responds to the movement of this Spirit of Love by deep, active listening and by giving reflective response to what is seen, heard, and made known by the promptings of the Spirit in our midst.*



***Diane Saunders** was drawn to contemplative spirituality as a young adult and has nurtured this spirituality by studying Spiritual Direction at the AZ Ecumenical Institute for Spiritual Directors and at Boston College. She has a Masters in Theology and Education and has worked in the field of Religious Education. Diane treasures the incarnational nature of family life as a primary source of grace, and values Spiritual Direction as a practice that unbinds one for a greater identity in God and the fullness of life and joy.*