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Certified Spiritual Director

Spiritual Direction is...

I stress that in your spiritual journey, God walks with you. ***I am a companion.*** Your journey in life, as Thomas Merton reflects, " ... is interior: it's a matter of growth, deepening, and of an even greater surrender to the creative action of love and grace in our hearts." I look forward to sharing with you in the near future your thoughts about the above assumptions I have on Spiritual Direction.

Education, Formation, Employment

- May, 2023, Certification in Spiritual Direction, Stillpoint CA
- December, 2003, Doctorate in Ministry and Practical Theology, Barry University, Miami, FL
- August, 1999 to present, Faculty, Religious Studies Department, Associate Professor, Mount Saint Mary's University, Los Angeles, CA

My thoughts on Spiritual Direction

I want to thank you for your interest in having conversation about Spiritual Direction and the possibility of me being a companion on the journey with you. I look forward to chatting with you on ZOOM. I include for you some assumptions I have regarding my role as a spiritual companion. Please read them and reflect if these assumptions feel like a "good fit" for you. I will be happy to discuss them with you when we meet. I want to stress the phrase "good fit." Not every spiritual director is a "good fit" for every individual seeking a spiritual companion. Spirit is inviting you to discern who will be that "good fit." Spirit is in charge.

Yes, Spirit is in charge. I am not going to "direct" you, tell you what to do, or how to do it. What I promise you is that I will *listen* and will ask you the question, "Where do you sense God in this situation?"

Yes, situations. Your spiritual journey is just that. It is your journey and there never is a final point where you arrive. "How is God



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being in this situation?” Then, you begin all over again on your never-ending journey.

All over again. Each new beginning requires you to be focused and aware of the world around you. God’s presence is found in the people, places and things of your life. Spiritual direction invites you to become more aware of what is happening in the world. There are no easy answers. You are always being asked to reflect upon where God is in all of life.

Where is God in all of life? As life unfolds you will find that your reasons for seeking spiritual direction also changes. You will be challenged where your traditions may become uncomfortable for you. “How might God be calling you to respond differently?” could lead you to change the way you live your life. There will be more questions, fewer answers, changes in relationships, barriers come down, forgiveness and compassion replace clarity and absolute truth.

You will make progress and there will be dry periods where you feel nothing at all. There will be periods of insight and consolation and other times there can be long periods of spiritual dryness. Your understanding of God will change. You will ask yourself, “**Where is God hiding?**” or “**Who is God?**”

You will feel an invitation to respond as you perceive a connectedness to all of creation. “**What is God calling you to do?**” might bring huge and lasting changes to your life.

I can promise you that spiritual direction will bring changes in your person and in your sense of who you are. All dimensions of your life will be impacted. Your life can and will become more complex as you continue to ask yourself, “**Where is God?**”

Areas of Spirituality

- Social Justice Spirituality Environmental Spirituality
- Feminine Spirituality Ministerial Spirituality
- Young Adult Spirituality LGBTQIA Spirituality

How Does This Work?

Generally, we meet once a month for approximately an hour. I welcome our conversations to be held on zoom.

Please notify me, by email or text, 24 hours prior if you need to cancel. After several sessions, we will have a check-in to evaluate our time together.

While I do not want money to ever get in the way of you seeking spiritual direction, a sliding scale of \$40-\$60 per session is in place. The amount paid is left to the integrity of the directee and will not be questioned. If this expectation is a hardship, please let’s have a conversation.

