

INTRODUCTORY SPIRITUAL DIRECTION SESSIONS OFFERED

Do any of these situations speak to you?

- I feel called to leave my job and go back to school. How do I know if this feeling is from God?
- My life feels crazy and out of control. I'm not sure where God is in the midst of my life.
- There has got to be more to my relationship with God. I just don't know what that would look like, or where I would even start.
- I recently had an amazing experience of God and would like help understanding what happened.
- I want to talk with someone about the "ups and downs" of my life. Someone who will help me recognize God's presence regardless of my circumstances.
- I have a decision to make. The more I think about it the more confused I get. How do I discern what God wants for me?
- My life with God seems boring, and I'm not sure that God hears my prayers. How can I connect with God?
- The beliefs from my childhood don't really work anymore. I need to talk with someone who can help me sort out what I do believe.
- I recently went through a very difficult time in my life, which left me wondering about who I am, and who God is. Is there someone I can talk with who won't judge me and will help me sort of my thoughts and feelings?

In spiritual direction one finds a place to explore, discover, become aware of, awaken to, and/or find guidance for the movements within. If any of the above situations stir your heart, then spending time with a spiritual director might be helpful.

Rev. Dr. Robin Clardy is offering introductory spiritual direction sessions at **no cost** for the next six months, in conjunction with the Spiritual Direction Certificate Program through the Sisters of St. Joseph in Orange. Monthly sessions will be held at the Life Span Ministries Office.

Please contact Robin at 714-988-3365 for further information.