

## Who comes to spiritual direction?

Individuals come for various reasons:

- Some want to deepen their faith or relationship with God
- Others seek discernment for decision-making
- Others are looking for a time to ground and orient themselves to that which is most important in their lives

## Contact Information

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an invitation to  
**Spiritual Direction**



Sarah Walker Cleaveland  
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## What is spiritual direction?

Spiritual direction is a covenant relationship in which one person assists the other in:

- Noticing God's action in her/his life
- Paying attention to signs of God's grace in life's ordinary events
- Responding to God's invitations to be about the work of love and justice in the world

Spiritual direction is also a time to consciously pay attention to your spiritual life.

A central goal of spiritual direction is discernment, the process of sifting through the experiences of life in order to uncover God's movement.



## What to expect ...

The director acts as a listening, supportive person who provides space in which the other person can honestly and openly explore her/his life of faith, relationship with God, others, and God's creation.

Spiritual direction is neither psychotherapy nor counseling, though it may dovetail nicely with work already being done in those settings. All conversations are kept confidential.

## How Often? How Long?

### How Much?

- Most people come once a month, but the frequency is flexible.
- A session of spiritual direction lasts one hour.
- This ministry is free while Sarah is a student in the Diploma program.



**Sarah Walker Cleaveland** is a PhD student at the Graduate Theological Union studying Christian Spirituality. She graduated from Columbia Seminary with a Masters of Divinity and is a candidate for ordination in the Presbyterian Church (USA). Sarah is also a student in the Diploma in the Art of Spiritual Direction program at San Francisco Theological Seminary and a member of Spiritual Directors International.

In addition to being a graduate student, Sarah has served numerous churches as a Christian Educator, pastoral intern, liturgist, preacher, and teacher. She lives in Livermore with her husband.