

## **Spiritual Direction**

***A time for you to be heard...a time for you to hear from God's Spirit***

### **Spiritual Direction**

A process where I can help you develop a greater ability to discern the movement of God in your life, to embrace spiritual growth, and to experience spiritual healing.

### **A Spiritual Director**

I will be a companion and trained listener who will give you space and time for reflection, discovery and to pay attention to God's Spirit. I will listen to your unfolding story without judgment.

Sessions can include conversation about who God is to you, who you truly believe you are to God, and help tether your experiences to the truth and ways of God.

Questions you might have...

### ***Is spiritual direction different than counseling?***

Yes! A counselor helps you develop greater emotional understanding and problem-solving skills. I will help you discern the presence and guidance of the Holy Spirit in your life.

\*The phrase "spiritual direction" though, is a bit of a misnomer. I rarely will *direct* you. Rather, I help to *re-orient* you.

### ***Is spiritual direction something new?***

No, it's actually an ancient spiritual practice of the church...but it's desperately needed today. Why? Because our modern world has become so cognitive that we have forgotten how to notice God's presence.

### ***Julie, did you receive any special training for this role?***

Yes, I participated in a two-year program specifically for this purpose. Called "The Journey", the program is offered by [The Leadership Institute](#) based in Orange, California and has been in existence for more than 30 years.

I also am a member of two different Spiritual Director associations, which provide me with referrals and ongoing professional development opportunities:

- [Evangelical Spiritual Director's Association](#) (ESDA), which is part of a national organization called Grafted Life Ministries.
- [Christian Formation & Direction Ministries](#) (CFDM) – Northwest, which is a regional branch of a national organization.

[For more about my background and qualifications, visit the [About TUS](#) page on our ministry website.]

### ***What happens when I meet with you, Julie? How long are the meetings and what do you cover in a typical spiritual direction session?***

We typically will meet once each month for about an hour. We will begin with a time of prayer or silence to help lay aside distractions and focus. You may comment on what is happening in your circumstances or relationships; I may ask some questions or offer some thoughts on what you've said. Most importantly, I will listen and pray for the Holy Spirit's direction, so together we can discern how God may be guiding you. And then, in response, I want to help you connect more closely and deeply with God through prayer and spiritual practices.

### ***How do we get started?***

If you are interested, give me a call or send me an email. We will have an initial phone conversation to get acquainted and to answer any questions you might have. Then, if you want to pursue this, I will send you a covenant and an intake form. I invite you to join me in prayer as we discern God's direction. If we both feel God's leading, we then will schedule our first meeting. (And if you don't feel led to pursue this, I'd appreciate knowing your decision).

### **NOTE**

**Our meetings can take place in person, over the phone, or via Zoom (whatever is the most comfortable for you)**

### ***Why should I make time for these meetings?***

- To gain clarity about your life experiences in light of God's truth
- To improve your ability to see how God is at work in the moments of your day
- To develop a deeper prayer life
- To gain clarity about your identity as a child of God

➤ ***In a world full of noisy voices, meeting with me can be a gift to your soul.***

### ***Is there a cost?***

The professional fee for each monthly meeting is \$50\*\*. There will be an additional fee for mileage if I travel to meet you outside the greater Eugene/Springfield area.

\*\* As of June 1<sup>st</sup>, 2025 the fee will increase to \$60.00 per session.

\*\* New directees: If you pay in advance for your first 6 sessions of spiritual direction, you will receive a 10% discount.

### ***How do I pay?***

You can pay for sessions in cash (if we meet face-to-face), check, or credit card. The easiest way to pay is by credit card through the [online store](#) on our website, but please use whatever method works best for you.

I look forward to hearing from you!

***Julie***

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