

**Bread of Life welcomes all  
to explore and deepen their  
spiritual and creative lives  
for engaging life with  
courage, contribution and grace.**

We consider relationship with God  
(whatever name you use)  
to be as basic to life as bread or breath.

There is no life apart from it.

Yet waking up to the presence of the  
Holy — and growing in response — takes  
time, attention, and companions  
on the way.

Helping people connect to, express and  
develop their sense of the sacred story  
within their life story  
is a focus of our varied offerings.



*Bread of Life*

650 El Camino Avenue, Sacramento, CA 95815

Phone: 916-648-1803

Fax: 916-648-9603

Email: [office@breadoflife.org](mailto:office@breadoflife.org)

Website: [www.breadoflife.org](http://www.breadoflife.org)

*SPIRITUAL DIRECTION*

Discovering  
the  
Sacred



in YOUR  
Everyday Life

# What is Spiritual Direction?

*Spiritual direction is a relationship with a special focus that assists an individual or group in noticing and responding to the Spirit in everyday life. It's a way of 'listening to your life' for its spiritual dimension. A typical rhythm of meeting is monthly for an hour.*

## WHAT DIFFERENCE DOES SPIRITUAL DIRECTION MAKE?

You are spiritual whether or not you are aware of it. Your spirituality or 'sacred story' is revealed in your everyday life.

It shows in how you connect and disconnect from your true self, your gifts, others, the world, and that which is greater than you.

Another person gazing with you at your life – a *spiritual director* – can help you notice **your** sacred story and the loving invitation of God/Spirit/Christ/Sacred Mystery in it.

As you notice the Spirit's presence and movement in your life, a fresh response becomes possible. The Holy One is already present in love. Your awareness and response enhances this relationship and helps you grow toward fuller and freer life.

A spiritual director (or companion) helps you notice and respond to this core relationship in prayer, at work, at home, and at play.

*The intentional journey™*

## WHY MIGHT I SEEK SPIRITUAL DIRECTION?

- ◆ To identify and trust your own experiences of the Holy in life.
- ◆ To deepen relationship with God.
- ◆ To discern and make life-giving choices.
- ◆ To look for the Spirit in struggles, losses or disappointments.
- ◆ To find encouragement, affirmation, and challenge.



## A SPIRITUAL DIRECTOR WILL:

**LISTEN** and create a supportive environment where you can explore and discover new dimensions of your relationship with God.

**ASK** thoughtful questions that invite new ways of seeing and responding.

**TEND** what emerges in ways that are respectful, encouraging, and loving. We do not preach, 'convert' or judge.

**KEEP** what you share in confidence.

## OUR SPIRITUAL DIRECTORS:

We currently have seven spiritual directors on staff. All have completed recognized programs in the art of spiritual direction. They commit to prayerful practice in their own lives and enhance their knowledge and skills by engaging in ongoing education, supervision, and by meeting regularly with their own director.

### Spiritual Directors currently on staff are:

**Lucie Chalifour**

**Bill Kees**

**Ron Lagerstrom**

**Rena Grant**

**Carolyn Kees**

**Sandra Lommasson**

**Kathy Miranda**

See biographies for our directors at:  
<http://www.breadoflife.org>

## SPIRITUAL DIRECTION IS NOT:

- ◆ Counseling or therapy
- ◆ Advice giving or teaching
- ◆ Problem-solving

## WHAT IS THE COST?

Spiritual direction is offered on a sliding scale of \$40-\$80 for a session of an hour. (Usually once a month). Scholarships are available.

**Questions or want to get started?**

Call (916) 648-1803 and we'll connect you with Bill Kees, our Spiritual Direction Coordinator.