

Spiritual Direction



Are you seeking a way to affirm and deepen your spiritual life?

***Spiritual direction**, also called **spiritual companioning**, is a ministry within the Church where women and men who have been through a formation process walk with another on their faith journey.*

The Spiritual directors listed below can help you connect with God in a deeper way, help you discern a new direction in life, and lead you to deepen your prayer life.

Please contact the Parish Office to get in touch with them.

TERRI BLEDSOE
RITA KING
JOAN LAURIENTE
PATTY MOYER

The introductory session is always free.

During the first session each director will discuss their fee schedule with you.

[Contact the Diocese of Monterey for more trained spiritual directors.](#)

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