

# *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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