

I experienced Spiritual Direction with Nancy in a small group setting for 3 years. It brought balance to my life as a Christian. I let go of many 'shoulds' and learned to listen to the Holy Spirit instead of all of those voices from the past telling me how I should think about and relate to God. Nancy was very tuned in to the needs of the group. She was insightful to the timing for each of us, according to our individual processing. I am so grateful to have group spiritual direction at this transitional time in my life—'empty nest' and retirement. Marta, Retired Staff, CA Teachers' Association