

I began spiritual direction with Nancy after participating in a Sacred Quest, wilderness rite of passage. At the time, I was discerning some matters of major life significance: family, call, relationships. With that [wilderness] experience as a foundation, I continued spiritual direction with Nancy. Though those are areas that will be continuously evolving, changing, and requiring attention throughout my life, I am now on the other side of the specific questions I was discerning and have remained in spiritual direction with Nancy for further spiritual growth.

Some of what I find most valuable about spiritual direction, in general, and working with Nancy, specifically, is having an impartial yet very concerned and caring individual to reflect back both where I am now in my life and my spiritual journey as well as where I have been. Nancy will often remind me about things from my past, which I had forgotten. Signs of growth can be easily overlooked without a companion, someone outside the situation, to help us stop and recognize it. I find that the ability to notice the growth also enables and promotes further growth. Nancy encourages me to find where and how God is present in my life and helps to “pin” important landmarks on the map of the journey. I am convinced that spiritual direction has brought me to a healthier place spiritually, emotionally, and even physically.

Meghan, Pastor, Iowa