



Exploring Spiritual Direction

Rev. Cindy Serio, Spiritual Director

Hello! I'm excited that you are interested in spiritual direction. I've been a spiritual director for 18 years, and I am passionate about the spiritual journey. Personally, I find God most profoundly at the intersection of contemplation, creativity and compassion. Perhaps that is really where God finds me!

Spiritual direction is a ministry of holy listening and companionship. As a spiritual director, I journey with persons who are seeking God. Together, we create sacred space within which we can discern God's movement in your life. In all of our experiences, sometimes profound, sometimes mundane, we can find God ... or maybe it's that God finds us! *Note: Spiritual direction is NOT counseling.*

My question for you as you consider spiritual direction is, "What are you longing for?" I invite you to sit with this question with a deep sense of curiosity. Then come sit with me for an hour, and let's explore your spiritual life. When we meet, I will ask you about your spiritual journey but I will also invite you to ask me anything you want about my education, training, inner spiritual life, religious practice, theology, ethics or anything about spiritual direction.

I follow the ethical guidelines of Spiritual Directors International, I meet with my own spiritual director monthly, I engage in supervision quarterly, I live by a robust Rhythm & Rule of Life, and I seek continuing education and spiritual formation opportunities to invite me into deeper inner work.

At the end of our hour, you may want to take some time to see if spiritual direction with me feels life-giving for you. This is good. I would be happy to sit with you anytime in the future.

On the other hand, you may sense there is already a lingering invitation in the sacred space we've created. We can talk about meeting again. I meet with most of my directees every 4-6 weeks, and I schedule Monday through Thursday. We might create a covenant so that we both understand how we'll move forward together. It is a good practice to commit to 4 months as it often takes time to allow a spiritual direction relationship to begin to develop.

Right now, I'm meeting most people on Zoom and that is always a possibility, but I will meet in person for those who are located close enough to Katy (TX) and desire that connection. We meet at your discretion, and it is your responsibility to schedule our meetings. However, I do make standing appointments upon request, and I send text reminders on the day of our meeting which will contain your Zoom link.

As spiritual direction is my core ministry and livelihood, I do accept donations. Common range is \$40-60 for an hour but you are welcome to offer what you can *based on your financial ability*. It is not required, and if we find we are compatible, I am happy to meet with you if you are unable or prefer not to offer a donation. I hope to hear from you soon via email cserio@m-sfm.org OR 832-330-3973 via phone or text. Please state "explore spiritual direction."

Deep Peace, *Cindy*