



## Spiritual Direction With Mary G. Graves

God is present and at work in every area of our lives all the time, but sometimes it is difficult to discern the Spirit's movement by yourself. An experienced and trained companion of the Spirit (Spiritual Director) helps us notice and respond to the real Director, who is God.

Common features:

- Spiritual Direction sessions are typically scheduled monthly and last an hour;
- Spiritual Directors don't say much; they listen to your life, all of it, and help you listen to God;
- Spiritual Directors pray for you and ask that you be committed to prayer and bible reading;
- Spiritual Direction sessions are completely confidential;
- Spiritual Directors are typically remunerated or may ask for a contribution to their employing community.

Background information on Mary:

- Follower of Jesus since 1969;
- Master of Divinity from Fuller Theological Seminary in 1984;
- Ordained pastor in the Presbyterian Church, and currently serving Trinity Presbyterian Church, San Carlos CA since 1996;
- Doctorate in Spirituality from San Francisco Theological Seminary (SFTS) in 1998;
- Diploma in the Art of Spiritual Direction from SFTS in 2013;

To set an appointment to explore entering into spiritual direction with Mary you can contact her at [mggraves53@gmail.com](mailto:mggraves53@gmail.com) or [mgraves@trinity-pres.org](mailto:mgraves@trinity-pres.org).