



## Anam Cara?

Anam Cara is Gallic for “Soul Friend.” It comes out of the Celtic tradition of encouraging us to find a spiritual companion who journeys with us on our path of life.

Along the way, Mother Julia will support you in your own discernment of the presence and invitations of the Spirit towards healing, towards transformation, towards freedom, towards authenticity and towards service in the goodness and love of God – all grounded in the nurturing of a growing intimacy between you and God.



The Reverend  
Julia G. Rusling,  
Director

Born and raised in Rochester, New York, a graduate of Yale Divinity School, and Priest Associate at St. Patrick’s, Julia now lives in Dunwoody with her husband and son. Over the years she has worked particularly with Ignatian spirituality, centering prayer, mind-body-breath work, labyrinth, proprioceptive writing, anxiety breath work, and yoga. Julia also finds great joy in advocating for literacy issues, laughing and walking with friends, swimming, and learning to play tennis again. She can be reached at [rev.julia@stpat.net](mailto:rev.julia@stpat.net) or

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## Soul Friend

A Ministry  
of Spiritual Direction  
Guided by  
the Rev. Julia G. Rusling  
at St. Patrick’s  
Episcopal Church,  
Dunwoody, Georgia



# St. Patrick's Episcopal Church

All are Welcome to join us in:

- Worship
- Christian Formation  
for All Ages
- Servant Ministries
- InReach
- OutReach
- Parish Life



*May you see in what you do the beauty of your own soul.....*

*--John O'Donohue, Anam Cara*

## A Blessing

May you be blessed with good friends.

May you learn to be a good friend to yourself.

May you be able to journey to that place in your soul where there is great love, warmth, feeling, and forgiveness.

May this change you.

May it transfigure that which is negative, distant, or cold in you.

May you be brought in to the real passion, kinship, and affinity of belonging.

May you treasure your friends.

May you be good to them and may you be there for them; may they bring you all the blessings, challenges, truth and light that you need for your journey.

May you never be isolated.

May you always be in the gentle next of belonging with your anam cara. — John O'Donohue

The honorarium for a one hour session is \$60-\$90.

Please make checks payable to "St. Patrick's Church" with "Anam Cara Fund" in the memo line. \*Please note that the fee is not tax deductible, as it is for services rendered.



Charitable donations (tax deductible) can be made to "St. Patrick's Church" with "Anam Cara Scholarship" in the memo line. These gifts will support scholarships to those who desire spiritual companionship, but for whom payment would be a hardship.