

What is Spiritual Direction?

Spiritual direction is the contemplative practice of helping people awaken to God's presence and action in their lives so they can respond in a growing relationship. A trained guide listens and accompanies the directee, witnessing the Spirit's movements and encouraging healing and growth.

Who might seek spiritual direction?

People seek spiritual direction for a variety of reasons, including:

- To be more attentive to the presence and action of God
- Integrate spirituality into daily life
- Discern and make difficult choices or navigate transitions with deeper spiritual awareness
- Share struggles, disappointments or losses, with the aim of understanding God's ways more fully
- Find encouragement for faithful living
- Maintain healthy life balance
- Explore ways of praying that nurture and deepen one's relationship with God.

Spiritual Directors at St. Paul's



Kathy Couch has been offering spiritual direction for 13 years. She studied with the Ignatius community in Seattle and was active for several years in the Spiritual Exercises for Everyday Life (SEEL), using the Ignatian method. She also has extensive experience helping people deal with the challenges brought on by illness, disability and loss. She welcomes both men and women for direction.

Kathy can be reached at 360-437-4145 or at kack@9knots.com.



Marlene Kropf has been offering spiritual direction for 28 years. She was trained at Anabaptist Mennonite Biblical Seminary (Elkhart, Indiana), the University of Notre Dame (Notre Dame, Indiana), and Graduate Theological Foundation (Mishawaka, Indiana) and is an ordained Mennonite minister. She welcomes both women

and men for direction.

Marlene can be reached at: 574-370-9873 or mkropf@ambs.edu.



Elisabeth Rotchford - Haight has been offering spiritual direction for 9 years. She was trained at Seattle University and Vancouver (B.C., Canada) School of Theology. She welcomes women of all ages for direction. Elisabeth can be reached at: 360-344-2255.