

## **Pacific Southwest Conference Ministry of Pastoral Spiritual Direction**

**Here is a way to help you begin a friendship with a spiritual director:**

1. To find out who is a Covenant pastoral spiritual director in your area or for other resources for spiritual direction, contact one of the Spiritual Directors listed below. Both trained men and women are available to you.
2. You will then make a personal contact with that pastoral director, who will arrange a time for you to have an initial meeting together.
3. After that first meeting, if you both desire to continue the relationship, you will decide on specific covenant agreements: such as where, how often, and for how long a session you meet; an evaluation together after several sessions; confidentiality concerns; mutual agreement on the basic core values of the ministry, etc.
4. Pastoral Spiritual Directors are ready to assist you, and to answer your concerns:

Jim Gaderlund: 650.996.3224  
[jgaderlund@me.com](mailto:jgaderlund@me.com)

Tom Eisenman: 619.582.0226  
[eyezenman@aol.com](mailto:eyezenman@aol.com)

Jeff Mitchell: 209.772.9548  
[gsgccc@wildblue.net](mailto:gsgccc@wildblue.net)

Joanna Quintrell: 707.578.2121  
[joanna@journeycenter.org](mailto:joanna@journeycenter.org)

### **Here is what some of your friends say:**

"It has been a great privilege to have a spiritual director walk alongside me in pastoral journey. There are few places where I can be still and quiet before God and have the support of someone else helping me listen and discern the way that His voice is leading. I am very thankful to have the listening ear, support, and prayers of my spiritual director. It would be a great benefit to all pastors and leaders in the church to have the comfort and guidance of a spiritual director."

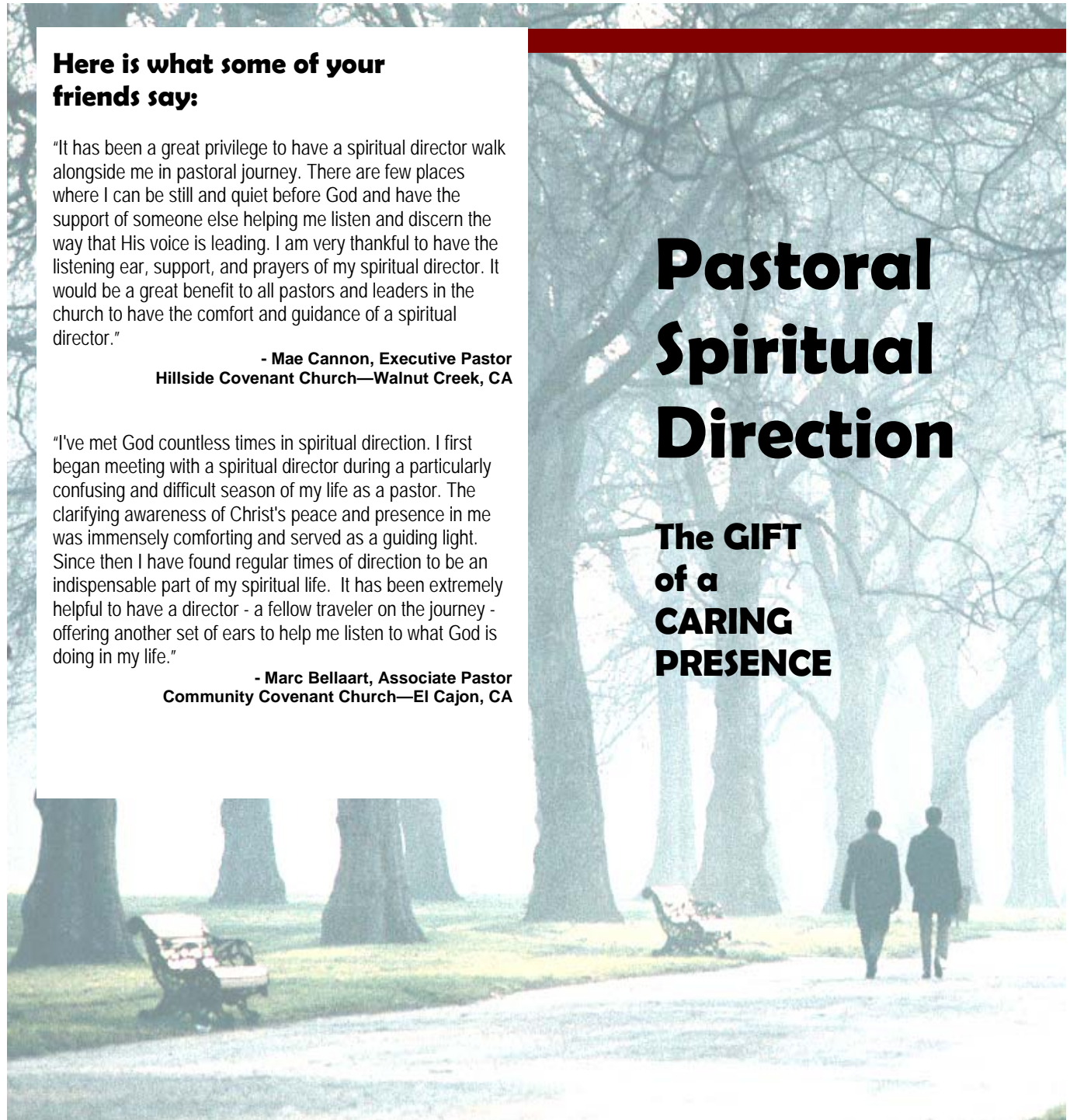
**- Mae Cannon, Executive Pastor  
Hillside Covenant Church—Walnut Creek, CA**

"I've met God countless times in spiritual direction. I first began meeting with a spiritual director during a particularly confusing and difficult season of my life as a pastor. The clarifying awareness of Christ's peace and presence in me was immensely comforting and served as a guiding light. Since then I have found regular times of direction to be an indispensable part of my spiritual life. It has been extremely helpful to have a director - a fellow traveler on the journey - offering another set of ears to help me listen to what God is doing in my life."

**- Marc Bellaart, Associate Pastor  
Community Covenant Church—El Cajon, CA**

# **Pastoral Spiritual Direction**

**The GIFT  
of a  
CARING  
PRESENCE**



## Pastoral Spiritual Direction OUR MINISTRY GIFT FOR OTHERS

Spiritual direction is a ministry of listening, discernment and prayer in a confidential setting of encouragement and compassion. Through this ministry one finds a spiritual companion who can listen to the stories of your life and help discern the presence and work of God's spirit. Though we believe God is always calling us and leading us, sometimes we need a "soul friend" to help us to recognize God's voice and respond to his presence. This companion intentionally sets aside the concerns of his or her own life to listen and attend to the experience of God in the life of the other. The ministry of spiritual direction is the ministry of being such a listener and a friend.

The underlying assumption of spiritual direction is that God acts in every area of our lives. God is present in our marriages and families, our work and working relationships, our leisure and our quiet times. God is there in our doubt as well as our certainty, in our weakness as well as our wholeness. To receive the gift of this ministry, we need to accept God's presence in all areas of our lives. We need to commit ourselves to be as honest as we are able about our Christian life, and be willing to trust in the transforming power of God's love.

Spiritual direction is the gift of "holy listening". It is a gift given by someone who is willing to hear how it really is with us, who believes and trusts that God is directing us from within our lives, and who reflects God's own listening, loving presence with each of us. The goal of spiritual direction is that those who enter into direction would grow close to God and become more the persons God created us to be in Jesus Christ. This is the prayer and the hope of this ministry of spiritual direction in the Pacific Southwest Conference.



### The Pastoral Spiritual Direction Ministry

is under the direction of the  
Pastoral Care and Support Commission  
and the Conference Ministerial Association  
of the  
Pacific Southwest Conference

Phone: 650.996.3224

Fax: 650.967.7465

Email: [jgaderlund@me.com](mailto:jgaderlund@me.com)

## Our Core Values

**Attentiveness:** Pastoral spiritual direction is of most benefit to those who believe that God is present in every area of life. The role of the spiritual director is to come alongside those being helped, wait on God's Spirit with them, and help them to hear what God is saying to them.

**Honesty:** Pastoral spiritual direction can only be helpful and useful to those who are willing to be as honest as they can be as they unfold their lives. As spiritual directors we will accept this honesty without judging. We are committed to honesty about ourselves in return.

**Transformation:** Pastoral spiritual directors themselves are seeking to grow up into Christ as God desires. A prerequisite for this kind of growth in those being helped is a similar commitment by directors to being transformed by God.

**Confidentiality:** Pastoral spiritual directors are committed to keeping all conversations in strictest confidence as well as expecting that what they might share of their own lives will be kept confidential. A spiritual director is not a mandatory reporter.

**Accountability:** Pastoral spiritual directors will offer themselves as points of accountability for those seeking to stay true to their own goals of obedience and growth in Christ. Directors themselves will be accountable to commitments made to those seeking to be helped, as well as being accountable before God for their own growth in prayer and devotion.

**Freedom:** Pastoral spiritual direction is a ministry relationship that is freely chosen by each person in this relationship. Because spiritual direction is not an assignment, but a gift, we agree as spiritual directors to allow each person to choose to begin a relationship with us. And we give ourselves the gift of this freedom as well in initiating a spiritual direction relationship with one of our peers.