



### *The Unitarian Universalist Spiritual Directors' Network*

Perhaps you notice an awakening  
of the Spirit  
and want to explore this mystery...

Perhaps prayer and meditation  
have been enduring practices,  
and a deepening is desired...

Perhaps you face a growing edge...

Perhaps you have questions about life's  
purpose...

For centuries and across religious  
traditions spiritual directors  
have helped people along the way.

*Spiritual Direction is a way of leading us  
to see and follow the real Director –  
the Holy Spirit hidden in the depths of  
our soul.*

– Thomas Merton

*The Unitarian Universalist Spiritual  
Directors' Network* consists of over  
75 practicing spiritual directors. We  
are ministers and lay people. We are  
Christian, Buddhist, Pagan, Theist,  
Humanist and more. Most have  
participated in formal spiritual  
direction training programs. Guided  
by the practices of spiritual direction  
from a variety of religious traditions,  
we work with others, companioning  
and witnessing to their sacred stories  
and grace-filled moments.

*The object of spiritual direction is to  
cultivate one's ability to discern  
God's presence in one's life*  
– to notice and appreciate moments  
of holiness,  
– to maintain an awareness of the  
interconnectedness of all things,  
– to explore ways to be open to the  
Blessed Holy One in challenging  
and difficult moments as well as  
in joyful ones.

– Rabbi Jacob Staub

Spiritual Directors customarily meet  
with others one-on-one or in small  
groups on a regular basis. A fee or  
donation is commonly requested for  
services.

For more information on individual  
or group spiritual direction, to locate  
a director, and to begin the process,  
please see our website:  
[www.uusdn.org](http://www.uusdn.org)