

New Spiritual Director in Plains and Peaks Presbytery



Rev. Patricia Stetson-Warning became certified as a Spiritual Director on June 8, 2020 and is offering Spiritual Direction to those in Plains and Peaks Presbytery and beyond.

What is Spiritual Direction?

At its most simplest, it is spiritual companionship. It is a time set aside to meet with a trained director where one can freely talk with about their prayer life, and relationship with God. A director is a person with whom to bring questions, doubts, fears, and desires in relation to God.

The director is trained in listening, listening for what God's Spirit may be desiring for the person seeking direction. So it is in essence a 3 way conversation, the directee, the director and the Holy Spirit. The Holy Spirit is ultimately the director during each direction session, the Spiritual Director is the conduit or facilitator.

A Spiritual Director can assist others with questions related to discernment and direction, doubts and fears. Questions you may hear from a director are: How is your prayer life? How are you making space in your life for God to speak? As conversation unfolds, a trained director will have knowledge of prayer practices that may create the space to address what is brought to the session, and practices for that deepening relationship, prayer life, and formation into the likeness of Christ that each of us are called to.

Fees: Most Spiritual Directors charge for their services. My fee is reasonable and negotiable to fit your budget. Omaha Presbyterian Seminary Foundation offers scholarships for as many as eight Spiritual Direction sessions. They will pay half the cost of these sessions.

Typically I offer individual Spiritual Direction sessions through Skype or Zoom due to my location and COVID. When we return to in person Presbytery meetings, I am also open to holding Spiritual Direction Sessions before and after the meeting. I am also open to leading groups/Sessions/Committees in prayer practices. And lastly, I am open to leading workshops on prayer practices or the Enneagram. I have found the Enneagram to be a most helpful tool in self-examination, self-knowledge and transformation.

Bio: I currently serve as Solo Pastor at First Presbyterian in Gordon, NE. I received her Spiritual Direction certification through *Seeking the Spirit Within: The Nebraska Synod Institute of Spiritual Direction Formation*. I previously received a certificate on completion with *Transforming Community Cohort #13*, a ministry of the *Transforming Center* with Ruth Haley Barton. I am a graduate of *University of Dubuque Theological Seminary*, and also a Board Certified Clinical Chaplain with the *Center for Spiritual Care and Pastoral Formation*. I have attended various workshops on the Enneagram, and have led some as well.

I am in the Spiritual Director listings with Nebraska Synod ELCA, Spiritual Directors International, Omaha Presbyterian Seminary Foundation, and The Transforming Center. Or you can contact me directly via email at revpatriciasw12@outlook.com or cell number: 308-665-2367.