

The Purpose of Spiritual Companioning

Discernment – Becoming aware of our inner spiritual promptings and learning to integrate our uniqueness into our roles rather than living from expectations placed on us from outside ourselves.

Growth in self knowledge – Learning to pay attention and respond to the ordinary day-to-day places where a repeated theme may be manifesting.

Discovery – Recognizing and trusting your own inner wisdom as you journey on your pathway to wholeness.

Healing – We are wounded in community. Healing can occur in the presence of an attentive spiritual companion through the process of soul companioning.

*To “listen” another’s soul
into a condition of disclosure and
discovery may be almost the greatest
service that any human being ever
performs for another.*

— Douglas Steere

Why Do People Seek a Spiritual Companion?

For those without religious affiliation, a Spiritual Companion can be the human connection needed, to explore areas of meaning and purpose in life.

For others, spiritual companioning is a practice that supports an individual’s faith in an on-going way. Many seek the support of a trained Companion in the ancient tradition of Spiritual Direction.

For some, life transitions may bring new questions, uncertainties, pain or a loss of hope. A Spiritual Companion is often sought in such times.

**If you have questions or wish to make
an appointment contact:**

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Spiritual Companioning

Together, we can discover pathways to wholeness.

Do You Desire To...

- Live a life in touch with what is most important to you?
- Gain perspective on life?
- Live from your own center?
- Find spiritual vitality?

What Are Spiritual Companions?

Spiritual Companions are trained to pay attention to the under-lying flow or “spirit” within a person’s life experience.

Spiritual Companions listen with their hearts for that which is deeper than words.

Spiritual Companions assist in discovering pathways to wholeness by responding to God/Mystery in the midst of one’s yearnings, struggles, wonderment, emptiness or transition.

Spiritual Companions will assist you in living a more centered and soul filled life.

Spiritual Companions

Chaplain Cathy Rhoads is a Catholic lay woman with a Master’s Degree in Guidance and Counseling. Her passion is holy listening to Divine Presence in fellow seekers. Cathy completed 5 years of Theology studies. She is a Board Certified Chaplain with the National Association of Catholic Chaplains (NACC). Cathy completed the Sacred Art of Living and Dying Certification Program and graduated The Art of Spiritual Discernment at the Sacred Art of Living Center in Bend, Oregon.

Rev. Wes McIntyre is a Methodist Minister with over 25 years in parish ministry, hospital chaplaincy and clinical supervision. He is The Chaplaincy’s Director of Spiritual Formation, Supervisor of the Clinical Pastoral Education (CPE) program and a Certified Spiritual Director. From 2001-2003 Wes was involved in an in-depth, two year training program leading to a Certification in Spiritual Direction. Wes is a member of Spiritual Directors International. He is also trained in the Enneagram, a tool for self understanding and spiritual growth.

Contemplative practices such as prayer, spiritual readings and exercises that nurture spiritual growth are highly encouraged. When obstacles such as grief, wounds, losses or dark nights of the soul are present, Wes and Cathy provide the support needed to navigate through the healing process. Journaling, nature walks, art, poetry, music, dream work and other modalities of enrichment tailored to individual needs enhance our spiritual journey in holistic ways.

“We live in a culture that discourages us from paying attention to the soul or the true self - and when we fail to pay attention, we end up living soulless lives.”

— Mary Oliver

Our mission is to serve others with impeccable spiritual, emotional and physical care.