



Focus on Faith: Individual Spiritual Direction

With Dr. June C. Goudey

Focus on Faith sessions are experiential and non-judgmental opportunities to explore issues of faith and life that you have come to identify as learning intentions.

Learning intentions are goals you will set for yourself in consultation with Dr. Goudey.

Examples of learning intentions are:

I would like to be more spontaneous.

I would like to feel less serious and more playful.

I would like to be less fearful when it comes to...

I would like to have a deeper experience of pray.

I would like to experience more freedom in my day to day living.

I would like to feel more at ease with people.

I would like to explore what it means to practice resurrection.

I would like to feel that my soul is at peace.

I would like to be less angry.

I would like to be more knowledgeable about Christianity.

I would like to (you fill in the blank)

These sessions are for your benefit only. You alone determine how much growth you want to accomplish and how much change you are willing to undergo. You are also responsible for contacting Dr. Goudey when you are ready to meet. She has no desire to hound or harass!

There are no tests you have to pass, no perfection you have to demonstrate. Those unable to come to the church office for these 60-90 minute sessions may request a house call. To arrange your first exploratory session call Dr. Goudey at 805-526-6001. Nominal fee for non-members.

People travel to wonder at the height of mountains, at the huge waves of the sea, at the long courses of rivers, at the vast compass of the ocean, at the circular motion of the stars; and they pass by themselves without wondering. Saint Augustine (354-430)

