

Our Staff

Lewis Robinson holds a certificate in the Art of Spiritual Direction from the Bread of Life Center. He has an avid interest in Jungian psychology and how that informs the life of the Spirit. Lew has been immersed in 12 step work and co-facilitates a small spirituality group.



Margie Will, OSF is the Executive Director and founder of Franciscan Living. Margie holds a certificate in the Art of Spiritual Direction from the Mercy Burlingame Center / Bread of Life Center Spiritual Direction Program and holds a Masters of Theological Studies from the Franciscan School of Theology, Berkeley.



Franciscan Living Urban Center for Spirituality

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**Franciscan Living
Urban Center for
Spirituality**

***Explore the Sacred
from the inside out***

**Spiritual
Direction
Embracing the
Mystery**



Tel. 916.718.4797

An Urban Center for Spirituality

In today's fast paced world there is an increasing need for time to reconnect and reconsider our relationship with ourselves, the earth and the Transcendent. Our Franciscan Living center offers pauses for spiritual refreshment and renewal, whether for an hour's informal gathering with others, for a private session with a trained spiritual director, or for a day-long retreat.



Spiritual Direction

"The spiritual director," Thomas Merton wrote, "is concerned with the whole person, for the spiritual life is not just the life of the mind, or of the affections, or of the 'summit of the soul', it is the life of the whole person... a spiritual director is, then, one who helps another to recognize and to follow the inspirations of grace in their life..."

Spiritual direction is the contemplative practice of assisting another in the desire to awaken more fully to the mystery called God. A person seeking a more conscious connection with God works with a director, usually once a month.

Spiritual Direction is a process that focuses on conscious development of the relationship between person and God either one-to-one or in a small group setting. The director helps the person notice and respond to the presence, movement and invitation of God in life and prayer.



Spiritual Direction might include helping someone learn to pray, listening for or noticing God's activity, discernment for decision-making, becoming aware of images of God that influence the relationship, and bringing wounds or life-patterns to God for healing. Although it is not a counseling or thera-

peutic relationship, many find spiritual direction a helpful companion process to work happening in these other settings.

Getting Started

Spiritual Direction sessions are usually 50 minutes in duration. The initial session may last a little longer since director and directee are generally meeting one another for the first time.



During each session both the director and directee listen together for signs of the Sacred in the directee's life.

Franciscan Living is committed to providing access to our services for all sincere seekers. The standard fee per spiritual direction session is \$40.00. If this is a financial hardship, please inquire about our options for sliding scale. Payment is made by check or in cash following each session.

For more information or to schedule an appointment you may contact our office either by telephone or email.

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