

## Recommended Spiritual Directors

Spiritual direction is a key discipline for Christians because the dynamics of life in our contemporary world are complicated and, at times, lonely. That's why it is important to have a "soul friend" with whom we can process the inner life.

The following are several Spiritual Directors that we would recommend to you.

Brian Buhler

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Cathy Leyland

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Please contact one of these Spiritual Directors to book a meeting together. Each have different payment structures, but generally they range from \$50-\$100 per session. We would recommend meeting once to ensure that the fit works for both you and the Spiritual Director.