



Rev. Cindy Serio, Spiritual Director and SoulCollage® Facilitator

Greetings! I'm excited that you are interested in spiritual direction. I've been a spiritual director for 20 years and a SoulCollage® facilitator for 10 years. I am passionate about the spiritual journey, and I find God most profoundly at the intersection of contemplation, creativity, and compassion. Perhaps that is really where God finds me!

Spiritual direction is a ministry of holy listening and companionship. As a spiritual director, I journey with persons who are seeking God. Together, we create sacred space within which we can discern God's movement in your life. *I also offer a special intersection of spiritual direction and SoulCollage® for those who want to concentrate on SoulCollage as a Spiritual Practice.*

My question for you as you prepare for spiritual direction is, "What are you longing for?" I invite you to sit with this question with a deep sense of curiosity. Then come sit with me for an hour, and let's listen to your life. These days, I'm meeting most people on Zoom, but I am happy to meet with anyone in the greater Houston area at my home in Katy.

When we meet for the first time you can ask me anything you want to ask about my education, training, inner spiritual life, religious practice, theology, ethics, or anything about spiritual direction. I follow the ethical guidelines of Spiritual Directors International, I meet with my own spiritual director monthly, and I engage in supervision quarterly.

I meet with my directees Monday through Thursday, the 2nd and 3rd weeks of the month, and I take December as a Sabbath month. It is helpful if we can commit together in meeting for 4-6 months in the beginning so we can allow a companioning relationship to develop. However, we meet at your discretion, and although I give you an opportunity to schedule your next appointment when we meet, it is your responsibility to schedule our meetings.

As spiritual direction is my core ministry and livelihood, I do accept payment for my time, *based on your ability to pay*. The standard range for spiritual directors in my location is \$50 - \$75. However, if we find we are compatible, I am happy to meet with you at any amount. You have several options:

- ⚙ Check payable to Cindy Serio. I will text you the mailing address.
- ⚙ Zelle "Cynthia Serio" @ phone number 832-330-3973 OR
- ⚙ PayPal "Cynthia Serio" <https://www.paypal.com/paypalme/mosaicminister>

You can contact me via email at cindy.s@thegatheredcommunity.org, text me "interested in SD" with your name or leave me a voicemail at 832-330-3973.

I hope to hear from you soon. Blessings and Peace, *Cindy*