

## **Spiritual Director Profile for Martha Schreffler**

We are each on a spiritual journey that is uniquely our own. In our secular world, talking about spiritual things and the movement of the Spirit in our lives may not be well received or understood. Having a spiritual companion to walk that path with us can be a wonderful blessing. I consider it a great privilege to be available to listen and support you in this sacred work.

My spiritual direction training was with Formation in Direction, a program developed by the Episcopal Diocese of Texas, which commissioned me as a Spiritual Director in 2018. I am drawn to contemplative Christianity and find God through art, music and nature. I welcome both spiritual seekers within established church communities and the “spiritual but not religious”. Members of the LGBTQ+ community will find a welcome with me.

See my contact information below to schedule an appointment or for more information:

**Email:** [schref@swbell.net](mailto:schref@swbell.net)

