

WELCOME NEW SPIRITUAL DIRECTORS!

We have expanded our team of spiritual directors to add a rich diversity of life experience and faith traditions. All our directors have completed recognized programs in the art of spiritual direction and commit to the Ethical Guidelines of Spiritual Directors International. Visit www.breadoflife.org for more information on these and our other 6 directors, then call (916) 648-1803 to get started tending *your* spiritual journey in a new way.



JANE RABIN loves working with people who wrestle with where God is in the traumatic places in their lives. She works with people of all traditions as well as with those who feel drawn to spirit but don't find a spiritual connection in any particular tradition. She's certified as a Jewish meditation teacher. She facilitates short contemplative retreats and teaches meditation groups in the Davis/ Sacramento area .

**And everything aspires, longs, yearns,
according to a pattern that is adorned
with holiness and girded with beauty.**

**For this life of your is not
a meaningless phenomenon.**

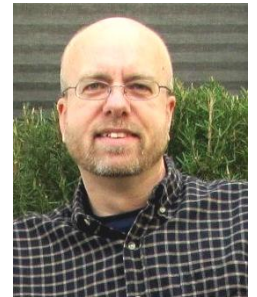
-Abraham Isaac Kook

**"God loves you just as you are and not
as you should be."**

-Brennan Manning

TOM MORGAN has a special concern for those who are pastors and those who come from the evangelical faith tradition. Tom is an army veteran with a background in student affairs at several universities, and has extensive experience living,

working and ministering in an Asian-American context. He is a member of the pastoral staff at *Xaris* in Elk Grove, where he assists with the spiritual formation efforts of that church.



CATHY SQUIRES has a passion for the relationship of personal healing & spiritual growth personally and professionally. To her, children have a special way of opening our eyes to the extraordinary with the ordinary.

Personally rooted in Ignatian spirituality, she is well acquainted with other traditions, having grown up as a Chinese in India, Pakistan and Hong Kong.

**In our sleep, pain that cannot forget
Falls drop by drop upon the heart
And in our own despair, against our will,
comes wisdom through the awful grace of God.**

-Aeschylus

We choose to inhabit our days.

-Dawna Markova

**And Lord, if I should entertain
The hope of really seeing you,
My suffering doubles with the strain
Of losing you, as I could do.
Living in fear, old and new pain,
In new and old hope, so I try
To reach death, for I cannot die.**

-St. John of the Cross

ROBERT H. FERNÁNDEZ (BOB) loves to walk with a person in her/his faith journey, pointing toward possible insights to growth, while staying out of the way of God's activity. As a retired minister in the Presbyterian Church (U.S.A.) he has a particular heart for working with pastors and leaders in ministry. He brings a wide range of faith experience and a rich spiritual journey into his practice, being attentive to the Christian tradition as well as to other faith traditions.

