

Group Spiritual Direction



Spirit Journey 1

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UU Wellspring Group Spiritual Direction

These spiritual direction groups have been created for UU Wellspring participants who prefer small group spiritual direction rather than one-on-one direction. The spiritual directors listed will welcome four participants from various UU Wellspring programs per group. Working in a group is a wonderful experience and provides yet another opportunity to explore your spiritual life in a small group setting. Some people are in a group and in one-on-one direction so feel free to do both if your capacity allows!

Getting Started



Choosing a Group

Please read the biographies, check the times, and contact a spiritual director directly and promptly to reserve your place. Note that there are two religious professionals' groups for clergy and other religious professionals in UU Wellspring (one with Rev. Dr. Clyde Grubbs and one with Rev. Dr. Michelle Walsh). All other groups are open to all. Note that only one person from your UU Wellspring group will be in each group so please share your facilitators' names when you sign up so they can watch for that.

Fees and Expectations

Cost is \$25 for each person per monthly 75-minute meeting paid directly to the spiritual director. Sadly, if a group does not have four participants by Nov. 1, the group may be cancelled, or you may be offered a slightly higher rate (\$35). Note that you pay for all sessions, even if you miss one.

Process

The groups will function similarly, generally with an opening/brief check in, sharing by one person, gentle questions offered from the group and spiritual director, response from the person who shared (as they feel called), and closing. Usually, but not always, there is time for two people to share each time. It is amazing how much you will receive when companioning someone else in your group.

Timing

The groups begin in late October (if the group meets the last week of the month) or November and runs through May or June. Please contact the individual spiritual director before November 1, 2021 to register early to ensure each group fills. If a group is filled, please try a different group.

Prefer One-on-One Spiritual Direction?

If you choose to work with an individual spiritual director, please go to www.UUSDN.org or <https://www.sdicompanions.org/> to search for directors or contact one of the people highlighted here.

Rev. Dr. Clyde Grubbs

**Religious Professionals Only:
Fourth Mondays, Beginning Oct. 25 at 1p.m PT/2MT/3CT/4ET**



Clyde is a trained spiritual director through Still Harbor in Boston, MA (2016).

Contact:

Phone: 617 852 7300

Email: bluehills.spiritual@icloud.com

Web: <https://www.revcldegrubbs.com/BlueHillsSpiritualDirection.en.html>

Clyde facilitates groups and guides individuals who seek to find appropriate spiritual practices He accompanies seekers who feel called to a vision of social justice and to a life of service. My understanding is shaped by indigenous earth-centered spirituality, but I am able to accompany seekers in all wisdom traditions.

I have been a participant in the People of Color community of the UUA for thirty years, and active in indigenous peoples movements for fifty years. As a spiritual director I have accompanied seekers who are activists and those seeking vocation in a time of crisis for our earth and her children.



Rev. Jonalu Johnstone

All:

**First Mondays, Beginning Nov. 1 at 8 am PT/9 am MT/10 am CT/ 11am ET or
First Thursdays, Beginning Nov. 4 at 2 pm PT/3 pm MT/4 pm CT/5 pm ET**



Jonalu, an ordained UU minister (1993), studied spiritual direction through HeartPaths, in Oklahoma City, completing a three-year program in 2010. She has done individual spiritual direction consistently since then.

Contact:

Email: jonalu@sbcglobal.net

Phone : 405-627-3859

Jonalu's spiritual practice is shaped by a lifetime of exploring different spiritual paths. She has studied with a Wiccan priestess, practiced Tai Chi for more than two decades, and increasingly found the resonance of the life and thoughts of Jesus, returning to the narrative and inspirations of her childhood. Her ideas of God are steeped in process theology, so she sees the movement of God everywhere. Through spiritual direction she hopes to help others connect to this movement, by whatever name they call it. In group spiritual direction, Jonalu expects to help everyone listen to this mysterious spiritual movement, to one another, and to themselves. The direction comes from the spirit.



Rev. Dave Munro

All:

This group will determine a convenient time based on the four participants' needs.



Rev. Dave Munro is an interfaith/interspiritual minister, ordained by One Spirit Interfaith Seminary in New York City. He is also an interfaith hospital chaplain, trained hospice volunteer and mostly retired attorney who does quite a bit of *pro bono* estate planning work (wills, health care proxies, etc) for low-income clients. Dave earned a certificate in Spiritual Direction from the 'Holy Ground' program in Albany NY.

Contact

Phone (518) 439-8869

Email revdavemunro@gmail.com

He believes that deep listening is a form of spiritual hospitality. Dave further believes that the goal of spiritual counseling is to assist the counselee in coming to know themselves as whole, as completely acceptable, and worthy of love, able to love and forgive, and fully accepted and loved by the Divine- and to see that same truth in everyone.

Dave has served Unitarian Universalism in many roles, including president of his home congregation of Albany NY and president of the St. Lawrence District. Additionally, Dave served on the national UU Wellspring Advisory Team from 2012-16, and he has facilitated all five of the UU Wellspring programs. He believes that working with a spiritual director is perhaps the most important and unique aspect of the UU Wellspring program.



Linnea Nelson

Lay Members and Friends Only:

First Thursdays, Beginning Nov. 4 at 10 am PT/11 am MT/12 noon CT/1 pm ET



Linnea, /lin ā' a/, a credentialed spiritual director, has completed the Haden Institute for Spiritual Direction Program, and an additional program from the Companionship Center. She is a religious educator credentialed at the highest level from the Unitarian Universalist Association (UUA).

Contact

Email: linnea19@gmail.com or twinflowerpress@gmail.com

Phone : 703-599-0877 (text first please)

Web: twinflowerpress.com

Linnea's practice includes experiences and wonderings to explore who you are and your connection to the divine through:

- holy listening and gentle questioning
- exploring the language of the divine that resonates or challenges you
- engaging with your images and dreams
- providing brief, guided meditations
- using tools such as the Enneagram, energy work, or archetypal cards

The focus of Linnea's spiritual companionship is with Unitarian Universalists and those without a religious home. Her deep engagement with UU Wellspring and thirty plus years as a Unitarian Universalist, including President of LREDA, led her to spiritual direction. Although most of her practice is with adults, she also has specialized training and provides spiritual direction for children and youth. She has companioned people from age 9 to over 80, people who identify as LGBTQ+, those going through life transitions, those with mental health challenges as well as clergy, lay folx and other religious professionals. Please let this video serve as an initial introduction:

<https://youtu.be/WxbezRKcRR>



Rev. Dr. Michelle Walsh

Religious Professionals Only:
Second Mondays, Beginning Nov. 8 at 4PT/5MT/6CT/7ET



Michelle trained as a spiritual director through Still Harbor in Boston, MA. (individual practicum 2018-2019; group practicum 2019)

Contact

Phone: 617-767-7933

Email: Michelle@revmichellewalsh.com

Web: <https://www.revmichellewalsh.com/SacredPlayExplorations.en.html>

Michelle has been a Unitarian Universalist for over 30 years and is ordained and in final fellowship. Her core spiritual direction philosophy is one of accompaniment of and facilitation in your own personal and communal journey of embodied spiritual meaning-making. Spirituality is embodied and lives in us and in our actions in the larger world. It also is communal in that we are interconnected and interdependent from birth and with a larger presence of love, joy, and renewal that remains available and is known by many names. Michelle offers skills in spiritual direction through:

- * Over 25 years of Zen Buddhist mindfulness practice in Thich Naht Hanh's tradition, with a particular enjoyment of the delights of nature and her creatures and active forms of meditation
- * Contemplative attention to the felt sensations and awareness given by our bodies, also with a trauma-informed and trauma-responsive background using expressive arts.
- * A background in Internal Family Systems as a Level Two Practitioner, inclusive of the spiritual potential of this tradition through its emphasis on cultivating compassion and curiosity
- * Three decades of commitment to social justice and AR/AO/MC ministry, including the perspective and possibilities brought by an intersectional decolonizing collective liberation and transformational approach
- * Sensitivity to the value of community ministry within Unitarian Universalism as well as Unitarian Universalist struggles with classism in particular

