

Mary Sharon is a warm, generous, prayerful, and faith-filled woman of the Church, with a love for Jesus and a desire to help others to deepen their relationship with him. Her training in spiritual direction and charism discernment, and her years in pastoral work, make Mary Sharon particularly effective in her ministry. I heartily recommend Mary Sharon as a spiritual director.

*Michael Fones, O.P.
Co-Director, Catherine of Siena Institute*

*God has determined
that I should reach
that which will be
my greatest happiness.*

*God looks on me individually,
calls me by my name, knows what
I can do, what I can best be,
what is my greatest happiness.*

And God means to give it to me!
Venerable John Henry Newman.

Mary Sharon is a woman of faith, truly a disciple of Jesus Christ in the Roman Catholic tradition. She is a person of experience who has struggled with the realities of prayer and life. Guided by the Holy Spirit, she is gifted in helping others to discern God's calling, and is steeped in Scripture and wisdom of the Christian tradition. I strongly recommend Mary Sharon as a spiritual director.

*Antoinette Traeger, O.S.B.
Founder, "With Hearts Expanding,"
spiritual direction program of Queen of Angels Monastery*

Personalized retreats with Mary Sharon Moore

*These one-day or multi-day customized retreats offer you
or your small group ample opportunity to . . .*

- Look inside the mystery of life;
- Spend unrushed time in contemplative prayer, *lectio divina*, prayer walks & rest;
- Have ample time for one-to-one conferences with Mary Sharon;
- Integrate reflection time with journaling, artwork, reading, or other activities that renew you;
- All in an environment of your choice that opens you to God's movement in your life.

*Think of this as necessary vacation
for your soul, a true sabbath rest!*

*Personalized small group retreats include not only
one-to-one daily conferences with Mary Sharon,
but these activities as well . . .*

- Liturgy of the Hours;
- Evening small group conferences;
- Customized topic- or theme-focused sessions
- For writers and other creatives, conversation on the creative process as expression of the spiritual dimensions of self.

Customary offering & fees

- \$95/day for one-to-one retreat.
- \$60/day per person for 2 to 3 people.
- \$45/day per person for 4+ people.
- Travel and lodging for Mary Sharon (in some cases this may not apply).
- Site and room use fee (varies per site).
- Ask about reduced rates for retreats of four days or more.

Spiritual & Vocational Direction

Find clarity in discerning:

- **God's movement** in the circumstances of your life;
- **Spiritual gifts** already at work in your life;
- **The quality** of your vocational response to God's calling;
- **Next steps** on your spiritual and vocational journey.

*Now available——
Customized one-day & multi-day
retreats for individuals and small groups*

MARY SHARON MOORE, M.T.S.
*Certified Spiritual Director
& Vocation Consultant*

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About the spiritual and vocational direction relationship

All work is one-to-one (except for couples who are discerning God's calling in marriage and who desire to meet as a couple), and all work is confidential. Spiritual direction is not about "solving problems" but about finding God's movement and grace in the midst of life's circumstances.

What you can expect

- *Unconditional welcome* and respect for who you are and where you are in your life circumstances;
- *Permission to be yourself*—unadorned, honest, striving for clarity and meaning;
- *Encouragement and insight*, in an unrushed and prayerful environment.

How to prepare

- *Prayerfully reflect*, a day or two before, on what God would have you notice about your life, what you are working on, challenges you are facing;
- *Notice* what Scripture passages speak to your heart or imagination;
- *Make note* of the concerns you want to bring to the session.

Customary offering

\$60/hour, or what your means allow. Check out the **PayPal** option at www.awakeningvocations.com/store, at the bottom of the page.

Topics often brought to spiritual direction . . .

- Unnamed losses in life, unfinished grieving;
- Shifts in relationships or health;
- The hidden poverties in your life;
- Hunger for growth in prayer;
- Search for meaning in life and work.

Direction by phone is now available!

For those outside the Eugene-Springfield area, spiritual and vocational direction with Mary Sharon is now available by phone. Please call or e-mail in advance to make arrangements.

MARY SHARON MOORE is an active spiritual director, vocation consultant, author, and frequent speaker on topics of mature Christian faith. Her spiritual and vocational direction practice integrates prayer, discernment of God's gifting and God's calling, and guided theological reflection, all in a context of deep and respectful listening. Her one-to-one practice spans the United States.

Mary Sharon is author of *Touching the Reign of God: Bringing theological reflection to daily life*. She has a master's degree in theological studies from the Franciscan School of Theology, Berkeley, and is director of Awakening Vocations, a ministry of vocation discernment for individuals and in parish settings. Her writing has appeared in *Catechist*, *St. Anthony Messenger*, *Liguorian*, *Chicago Studies*, and *Presence*, the journal of Spiritual Directors International. Her two audio CDs, *Awakening Vocations* and *Christian Celibate Life*, have aired on Catholic Radio Northwest. Her personal and parish resources are available at www.awakeningvocations.com/store.

Vibrantly Christ-centered, Mary Sharon believes that regular, prayerful relationship with God and being present to the grace of the moment are the key to living as Christ lived—*lovingly for the sake of the world*. Her work reveals her love and care for those on the path to holiness.

Areas of vocational discernment . . .

- Discernment of charisms at work in your life right now;
- Discernment of God's willing and God's calling in your life;
- The quality of your response to God's willing and God's grace;
- Prayer practices that lead to and express mature faith.

