

Sharon Arrington

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Women 40+: Find Your Spiritual Compass in Challenging Times



Number of Years as a Spiritual Director: For 14 years it has been my privilege to support others as they navigate life's complexities and deepen their relationship with God. My role is to help you find God's touch of love and support amidst life's challenges, even in the midst of loss, illness or unanswered spiritual questions. After many years in outward-focused roles, I shifted to guiding others inward, to experience God's unconditional love and inner peace, no matter what you are facing.

Education/Training/Certification and Experience:

- M. Div. from Virginia Union University and Bachelor's from UNC-Chapel Hill in Leisure Studies
- Completion of 5 Units of Clinical Pastoral Education & Board Certification as a Chaplain
- Licensed Associate Minister since 2019
- Advanced Certification in Spiritual Direction from Healing Care Ministries, OH,
- Spiritual Direction Certification from The Haden Institute, Flat Rock, NC.
- Experience in communications and customer service, including 20 years as a public speaker and image consultant, honed my listening and connection skills, which are invaluable in spiritual direction
- Publication: Author of (Still Standing: From Challenge to Intimate Victory)
- Member of SDI, ESDA, APC, ADEC

Specialties and focus areas: (women 40+ years)

- Spiritual practices – exploring ancient and modern ways to deepen your connection with God
- Listening through Silence – quieting the noise for space to hear the voice of God
- Grief and Loss – boldly express thoughts, feelings and experiences without fear of judgement and introduce healing rituals
- Transition – discern God's presence and guidance amidst change

Availability: Sessions in person, via Zoom or by phone; an initial 30 min phone conversation explores your spiritual direction needs and determines if there is a good fit.

Style of Spiritual Direction:

- An empathic and transparent listener, drawing on experiences with life's profound challenges

- Experiences with mental illness, grief, anxiety and other difficulties have equipped me with a deep well of compassion to support others as they navigate struggles
- Helping you discover the transformative power of God's love and the peace of mind that surpasses worldly concerns.

Personal Information/Interests: I enjoy cooking, theatre, dancing, movies, writing, travel and visits to Canada for time with my grandchildren, as well as combining spa treatments with spiritual healing.