

Interfaith Spiritual Direction

Spiritual Accompaniment



Are you ready to journey deep to answer your spiritual questions? What do you know to be true? What is your next right step? What is breaking your heart? What feeds your soul?

Spiritual Direction is the one-on-one practice of guiding people as they grow in their own personal spirituality. Rev. Alexa Fraser is eager to accompany you on your personal spiritual journey.

Sessions in person in Rockville, MD or by zoom. Email ahf@iobst.com to schedule or learn more.

"Spiritual direction exists to assist people in becoming more intimate with the divine".
- John Mabry