



About me

After 33 years of ministry and 28 years of ordained ministry in The Episcopal Church, Krista is now devoting her ministry to spiritual guidance and leading various workshops and retreats. In addition to her experience as a hospital chaplain and American Red Cross Spiritual Care Volunteer, Krista completed a Certificate in Spiritual Guidance at the Shalem Institute For Spiritual Formation.

Krista lives with her two beloved animal companions, her cat Kiwi, and her dog Georgie-Girl. She is a lover of live music, dancing, and staying connected to nature through camping and walks.

Krista is also a member of Spiritual Directors International and is an Oblate with the Sisters of the Transfiguration.

"I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself...I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone."

-T. Merton

If any of this resonates with you or you are interested in learning more, I invite you to get in touch with me.

I'd be happy to have an initial discerning conversation

 585. 943. 0323

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 In-person or on Zoom

FOR ALL WHO SEEK
★
SPIRITUAL
COMPANIONSHIP

★
with The Rev. Krista Ann Cameron

★
SPIRITUAL COMPANIONSHIP
AND ACCOMPANIMENT

What is spiritual companionship ?

Also known as spiritual direction, I see spiritual companionship as an art. Instead of using the tools of analysis and goal setting used in therapeutic modalities, spiritual guidance uses the tools of presence, wonder, trust, questions, silence, and sacred story. This is to seek insights, not answers. These insights are then held both by you and me in prayer and reflection, as they reveal deeper wisdom about ourselves, our souls, and our experiences.

This way of companionship is a deep privilege and offers gifts of mutuality in appreciation of Holy Mystery.

What does a session look like?

While every session may be slightly different, I promise to offer a safe place for you to offer your story, experiences, and wonderings. Together, we trust the Spirit to lead us into some insight.

I tend to begin with prayer, poetry, and silence. And how you want to spend our time together is totally up to you. Whatever direction the session goes, you can trust that I am listening deeply and will invite further conversation based on what I am hearing.



My posture

My role is to help you "see" yourself in your own story and invite reflection on where there might be the presence of the "holy" or "sacred" in it. By holding sacred space with you, we will bear witness to threads of light together, trusting in the Mystery moving in and through your unique spiritual and human journey.

Being spiritual is different from being religious. While there is certainly overlap - I know that structures, doctrines, and dogmas can get in the way of spiritual deepening for some people. To be spiritual offers a spacious curiosity about the presence of the Spirit in creation and our lives. Spirituality values cultivating a compassionate awareness of our interconnectedness, as all the great religious and spiritual teachers point towards.

Whether you identify with being more religious or spiritual, I gently invite you to consider the place that spiritual companionship might have in your journey of seeking and deepening.

