



REV. CARA GILGER

SPIRITUAL DIRECTOR

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Cara Gilger
MINISTRIES

MEET CARA

Cara is an ordained minister in the Christian Church (Disciples of Christ) who brings 20 years of experience in Christian education and spiritual formation to her practice of Spiritual Direction. Her personal practice of prayer and solitude in the midst of motherhood and ministry sustain her spirit and informs her work.

PHILOSOPHY & PRACTICE OF SPIRITUAL DIRECTION

WHAT IS SPIRITUAL DIRECTION?

- A practice of spiritual accompaniment that prioritizes listening
- An orientation of wonder and curiosity about what God might be up to
- A commitment to spiritual practice as a tool for connecting to God
- A centering on the Spirit of God between director and directee
- A relationship built on time and energy that creates space for God to work

WHO IS IT FOR?

- Those in discernment: spiritually or vocationally
- Those that want spiritual accompaniment while they ask what God is up to in their lives
- Those who want to try a new spiritual practice or are seeking a new tool in their life for listening and discerning

OTHER HELPFUL INFORMATION

- Spiritual direction is a unique tool; it is neither therapy or coaching.
- Cara has been engaged in the long work of anti-white supremacy work including working with white church spaces and youth
- Cara believes that God delights in LGBTQ+ persons just they way they are; no exceptions

MINISTRY EXPERIENCE

- 15 years in congregational ministry specializing in small groups, spiritual formation and Christian education across generations.
- 5 years as a congregational consultant focusing on spiritual formation and staff alignment towards vision.
- Experience in a wide variety of ministry contexts including rural, multi-site, corporate, program and mid-sized congregations as well as new church starts and church revitalization.

ACADEMIC BACKGROUND

SOUTHERN METHODIST UNIVERSITY

Spiritual Directors Certification Program, Perkins School of Theology
- Certification in progress; year two of three

VANDERBILT DIVINITY SCHOOL

Masters of Divinity, Class of 2008
- Honors in Field Education

TEXAS CHRISTIAN UNIVERSITY

BA Religious Studies, Class of 2004