

**Kristabeth Atwood, Spiritual Director**

Kristabeth offers one-on-one spiritual direction and grief companionship on Zoom. Spiritual direction embraces contemplation, discernment, meditation, silence, and conversation with an openness to connect with that which is bigger than ourselves. In a session together, we hold space for loss, engage questions as they arise, explore doubts and fears, ponder the nature of life and death, and seek to connect with the sacred within and around us.

Website: <https://ritesofpassagevt.com/spiritual-care/>