

Anne Dale

Contact Anne at:

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Number of Years as a Spiritual Director: I completed my certification in Spiritual Direction in 2020.

Education, Training, Certifications and Experience:

I received my M.Div. from Virginia Theological Seminary, my M.Ed (Adult Education) from North Carolina State University; and my BA in Home Economics from Meredith College, Raleigh, NC. Before entering seminary, previous professional experiences were as Home Economist for the Cooperative Extension Service, substitute public school teacher, various part-time professional positions, and church and charitable volunteer positions mingled with motherhood. Other certifications are:

- Bon Secours Institute of Spiritual Direction
- Mediation Skills Training – Lombard Mennonite Peace Institute
- EfM Graduate and Mentor

Specialties and/or focus areas: Key focuses are listening for the “third” voice; acknowledging God’s healing grace ever-present through the Holy Spirit; and emphasizing the fact that you are beloved by God at all times and in all situations.

Availability: Geographically, I am available in Southeastern VA and Northeastern NC in addition to phone or virtual. Preferred, but not limited to, daytime hours Wednesday through Friday. Our first meeting would be preceded by a 30-minute phone consultation to discuss the spiritual guidance process, how I might assist in meeting your needs, and associated cost.

Style of Spiritual Direction: Listening intently, I become a companion/guide walking with you in your life’s journey, helping you discover God’s presence in the mundane and most significant slices of life, looking toward the ongoing nurturance of your relationship with God.

Personal Information/Interests: I am an Episcopal Priest, ordained in 2012, currently serving as priest-in-charge at The Episcopal Church of the Advent, Norfolk, VA. I am co-founder and vice-president of Friends of Honduras USA www.friendsofhondurasusa.org.

I am a law-enforcement wife, farmer’s daughter, and mother of two adult daughters (CPA and RN), step-mother of two daughters and a son, and step-grandmother of four. As an extension of my spiritual well-being, I enjoy homemaking and yardwork and reading for leisure.