

# Spiritual Direction at Plymouth Church

In keeping with our progressive heritage and mission, two spiritual directors—Linda Nies and Adele Ver Steeg—are available to provide spiritual direction to the greater Plymouth community.

After initial meetings to discern whether spiritual direction is what you seek at this time, sessions of approximately an hour in length are scheduled on a monthly or semi-monthly basis. Payment is accepted, based on a sliding scale. Call the Center for Spiritual Growth at 255.3149 for more information.

**Linda Nies** moved to Des Moines with her husband four years ago and joined Plymouth church. Linda is devoted to her family of grown children and six grandchildren. She is a Registered Nurse and Licensed Clinical Social Worker. In 1997, she received her Certificate in Spiritual Direction from the Monastery of St. Benedict in Colorado Springs, CO. She currently participates in a Shalom group.

**Adele Ver Steeg** is a native Iowan, with a degree in Sociology from Iowa State University. She received her Certificate in Spiritual Direction from the Institute for Spiritual Growth and Formation, and is a member of Spiritual Directors International. Since 1999 she has been involved with Shalom groups and has co-led groups in the Des Moines area. Adele recently completed Enneagram Spectrum certification training. Married to Dirk, they are the parents of two almost-adult children and have been members of Plymouth for five years.



**For more information,  
contact Plymouth  
Congregational United  
Church of Christ at  
515.255.3149 or  
[www.plymouthchurch.com](http://www.plymouthchurch.com)**

**Plymouth**  
UNITED CHURCH OF CHRIST