

Ms. Sally Orcutt, O.P.

Sally Orcutt is a Christian laywoman, married, the mother of two grown sons, a lay member of the Dominican Order of Preachers, and a member of the Contemplative Eldering Community through Mepkin Abbey in SC. After spending 20+ years as a corporate marketing professional, Sally now devotes herself to the ministry of spiritual direction. She is certified by the West Virginia Institute for Spirituality as a spiritual director and a director for the Spiritual Exercises of Ignatius.

In her ministry she offers individual spiritual direction, leads spiritual direction groups, workshops and programs that are focused on the healing of wounds that can negatively impact daily life and spiritual growth. These programs include work with the Enneagram, understanding and achieving Emotional Sobriety, and incorporating the work of Ira Progoff in writing your Spiritual Autobiography. At this time, she is currently offering sessions via Zoom.

Sally is a survivor of childhood trauma and divorce. She raised her two sons on her own and continues to work with those who have faced both of these significant life challenges. After coming to believe it for herself, she feels the mission of her ministry is to guide others to recognize their sacred story within their life story - whatever that is. In 2017, her passion for leading others to recognize what she calls their sacred 'Is-ness' led her to write ***Say Yes 2 Your Life: Journey to Celebrate Your "is-ness."*** A wounded healer, Sally's compassionate heart for those who have suffered guides her spiritual direction practice.

She can be reached by emailing sally@sayyes2yourlife.org or by calling 919-418-7125.

