Spiritual Directors

So if you decide you wish to see a spiritual director, how can you find one who is a good fit for you? There is a list below, however the descriptions provided on this list are helpful only to a point. Clarence Heller (the coordinator for this ministry) knows each person on this list and welcomes you to contact him (314-258-9066; clarenceheller@gmail.com) to narrow it down based upon what you are seeking in a spiritual director. Also, keep in mind that as much as you want to have a good fit with a spiritual director, a good spiritual director wants that fit for your sake as well. It is common for spiritual directors to periodically review with those they companion whether the spiritual direction relationship continues to be helpful and how it could be made more so.

Carol Bauer (314-520-7819) [Affton, 63123] E-mail: cjbauer2000@gmail.com; Catholic married laywoman, step-mom and grandmother. Lifetime experience in the ministries of education, pastoral music, campus ministry, and seeking God. Convinced that God shows up as together we honor the story of your spiritual journey. Adjunct staff at Mercy Center; also available to meet by Skype, phone or at other mutually agreeable location. Certificate in Spiritual Direction from Chiara Center, Springfield, IL.

Pat Bauer, SSND (314-351-6619) [St. Louis, 63139] E-mail: pbauerssnd@yahoo.com; School Sister of Notre Dame. Retired high school teacher, experienced retreat and prayer guide, with background in Ignatian spirituality. Participating in a two year ongoing spiritual guidance program at Siena Retreat Center in Racine, Wisconsin. Facilitates groups focused on Spirituality of Recovery from homelessness and addiction. Interested in guiding others to a deeper awareness and experience of God’s unconditional love, recognizing that everything in life is meant to move us forward.

Robin Black-Rubenstein (618-406-5562) [Metro-East, Edwardsville 62025] E-mail: rblck62@yahoo.com; Married, Roman Catholic Laywoman with two adult daughters and two adult step-daughters. Pastoral Associate at St. Boniface Edwardsville IL, Spiritual Director, Retreat Leader, Certified Grief Counselor. MA Pastoral Studies and MA Certificate Spiritual Direction Aquinas Institute of Theology, Certified Grief Counselor - American Academy of Grief Counseling. In listening to your story, we are listening together to how the divine is working in your life through people, nature, service, and self-knowledge. Available for Spiritual Direction, Grief Counseling, all faiths welcome, Metro-East and St. Louis area meeting in a location most suitable for your needs, or by phone and/or Skype. I am also available for retreats and speaking.
Catherine Blattner (314-537-6644) [St. Peters, 63376] E-mail: cblattner1@hotmail.com; Catholic laywoman, single parent, grandparent. Special interest in centering prayer and in the practice of being an active contemplative. Long time registered nurse with sensitivity to those who are professional or family caregivers. My own spiritual path has been greatly influenced by the telling of the new universe story and its implications for our relationship to the divine as well as to all of creation. Certificate in spiritual guidance from Siena Retreat Center in Racine, Wisconsin.

Agnes Brueggen, RSM (314-909-4630) [Frontenac, 63131] E-mail: abrueggensm@mercycenterstl.org; has been a member of the Spirituality Team at Mercy Conference Retreat Center since 1999. Her approach to spiritual direction is best described as “incarnational” and she enjoys companioning others as they seek to discover God’s presence in their daily living. She believes it is a privilege to support others in their ongoing search for meaning in the ups and downs of personal transitions, prayer, and relationships. Agnes is a member of the Sisters of Mercy of the Americas, South Central Community. She received her spiritual direction training from Ministry Training Services in Denver, CO. Previous ministries included secondary education, campus ministry, mission integration, and new membership ministry with the Sisters of Mercy.

Agnes Chawadi (314-699-5389) [Clayton, 63105] E-mail: agnes.chawadi@gmail.com; Catholic woman with 30 years of life as a religious nun, travelled 21 countries to assist parishes develop participatory structures for effective community building. Experienced in retreats, Eastern spirituality, spiritual direction, intuitive to the promptings of the Holy Spirit and personally committed to God seeking. Interested in accompanying individuals and couples seeking to live life to the full and realize, “Our only desire and our one choice is: I want and I choose what better leads to God’s deepening life in me."- From the Principle and Foundation written by St. Ignatius Loyola (paraphrased by David L. Fleming, S.J.)

Betty Cloughley (314-843-3572) [Affton, 63123] E-mail: nezloh@mindspring.com; Master of Arts in Pastoral Studies - Aquinas Institute of Theology. Certificate of Spiritual Direction - Aquinas Institute of Theology. Certified Pastoral Minister - St. Louis Diocese. Married Catholic laywoman; mother of three sons, two adult and one deceased. Spirituality Interests: Meeting points of Eastern/Western spirituality; Various types of prayer; Living in a spirit of gratitude; Connections between the daily ordinary and the Holy; Journaling and/or the creative process (painting, drawing, collage making, "sacred" walks, etc.,) as tools for spiritual expression and growth; directed retreats. Open to all faith traditions. Adjunct spiritual director - Mercy Center. Meet with directees at Mercy Center or place of directee’s choosing within a reasonable distance. Also meet by Skype or phone.
Helen Ann Collier, CCVI (636-284-7666) [St. Charles, 63303] E-mail: helencollier70@gmail.com; Sister of Charity of the Incarnate Word. Earned certificates in spiritual direction from Mercy Center, Burlingame, CA and Mercy Center in Colorado Springs, CO. Served as Associate Director/Spiritual Director at the Sangre De Cristo Center in Santa Fe New Mexico and as spiritual director in the MTM sabbatical program at the Oblate School of Theology in San Antonio Texas. Served on the Provincial Leadership Team in her community both as Provincial and Director of Ministry.

Dr. Devoree Crist (314-962-1031) [Webster Groves, MO 63119] E-mail: dcrist@ymail.com; website: http://spiritualdirectioninwg.net; Christian Church (Disciples of Christ) with Roman Catholic roots. Married woman with two adult children who is experienced with and welcomes persons of diverse backgrounds and faiths. Has been blessed to walk with clergy, young adults, older adults, and couples. Ministry is accompanying those desiring a closer relationship with God, discovering ways to recognize, savor and grow from encounters with the Sacred and exploring how we can become more aware of the Holy in all aspects of life. Special interests include liturgy (ritual), art, music, and writing. Masters of Theological Studies from Eden Theological Seminary, Certificate in Spiritual Direction from Aquinas Institute of Theology, and a Doctor of Medicine from Washington University School of Medicine (retired).

Valerie Dalton (636-441-1425) [St. Charles, MO 63303] E-mail: spirit13@swbell.net; Ecumenical, Catholic, Laywoman, married with five Children, eleven grandchildren, one great grandchild. Masters Degree in Pastoral Studies, Spiritual Direction Certification, Biblical Studies Certification from Aquinas Institute of Theology. Small business owner with husband for thirty six years, dancing school teacher for ten years, involved in adult faith formation for over twenty five years at St. Robert Bellarmine Parish. Led by the Spirit from childhood into deeper relationship with The Holy, as well as helping others to grow in their relationship with God.

Kathleen Davis (314-575-7363) [Kirkwood, MO 63122] E-mail: kmgdavis@gmail.com; Catholic married mother of three young adults. Earned a Master of Arts in Pastoral Studies and certificate in Spiritual Direction from Aquinas Institute and is also certified in Youth Ministry. A passion for the feminine perspective brings fresh insight to those seeking a deeper relationship with God. Energized by journeying with others to unveil the vastness of the Divine. Available for retreat leadership and spiritual direction.
Michael Durbin (618-654-5840) [Highland, IL 62249] E-mail: michaelj.durbin@gmail.com; God is always providing us opportunity to experience, question, judge and make decisions about the people and actions within the world taking place around us. Traditionally, we have understood this as grace: God’s grace acting upon us in the world. Our response to this gift of grace and life is often expressed as prayer. My faith tradition is Roman Catholic and I am open to all who sincerely seek God, regardless of faith or gender. I am comfortable with Ignatian Spirituality and Centering Prayer. I will challenge you to find how God is speaking to you in your life. I am a graduate of Aquinas Institute of Theology, Master of Arts in Pastoral Studies and a Certificate in Spiritual Direction.

Dave Ebenhoh (314-616-7765) [St. Louis, 63143] Email: dave@stillwaterspeaks.com; Roman Catholic open to seekers of all religious and spiritual backgrounds: strong in faith or struggling to believe, comfortable praying or looking to learn, involved in everything or lonely wanderer. My hope is to help you listen for and see our God walking with you more and more deeply in the midst of your own life. Trained at Creighton University. Also available for directed retreats, group direction/facilitation, days of prayer, ministry consulting/mentoring. Fees negotiable.

Jill Fisk (314-973-2688) [St. Louis, 63119] E-mail: jill@holyyoga.net; Jill is a Spiritual Director whose passion is to walk alongside women as they discover the fullest expression of who God designed them to be: holy and whole in spirit, soul, and body. She holds a Certificate in Spiritual Direction from Aquinas and is currently serving as the Director of Soul Care for Holy Yoga Ministries. She is a Master Holy Yoga instructor and leads prayer and yoga retreats. She is a member of Evangelical Spiritual Directors Association and meets with directees in person in Webster Groves or via Skype or FaceTime.

Mary Flick, CSJ (314-952-5581) [St. Louis, 63111] Email: mflckcsi@gmail.com; A Sister of St. Joseph of Carondelet. Former campus minister and director of mission programs at Saint Louis University. Certificate in spiritual direction from Aquinas Institute of Theology. Has a passion for things Ignatian and is a speaker on Ignatian spirituality, prayer and discernment. Interested in encouraging others to develop a relationship with an ever-faithful God, who desires the same.

Steve Givens (314-401-2072) [Chesterfield, MO 63017] E-mail: givenscreative@gmail.com; website: www.givenscreative.com; A Catholic married father of two adult children, I earned a certificate in Spiritual Direction from Aquinas Institute of Theology. I am a widely published author on Catholic-Christian spirituality and prayer and have an ecumenical heart and outlook on the Church. I have a great interest in the intersection of faith and creativity and a passion for working with artists, writers and other creative individuals. A survivor of a rare blood disease and author of “Embraced by God: Facing Chemotherapy with
Faith,” I am also interested in working with those struggling with health issues. Available for workshops and retreats, as well as spiritual direction. Available in North County at Walter’s Walk Counseling in Hazelwood, in West County at Incarnate Word Parish in the Chesterfield/Creve Coeur area, and in the University City/Clayton area, as I work at Washington University and am available during the lunch hour. Also available via Skype.

Mary Haggerty (636-675-2399) E-mail: haggertymary79@gmail.com: Episcopal laywoman with Roman Catholic roots. Married, mother of four grown children, grandmother of one. Formed in spiritual direction at Benet Hill Monastery (Benedictine). Experienced with Ignatian Spirituality. I am open to companion anyone seeking to become more attuned to God's presence and to respond more fully to that Presence in all of life. Meetings in University City area.

Judith Hehl (314-835-1554) [Kirkwood, 63122] E-mail: judith.hehl@gmail.com: Divorced/Widowed layperson, I see people in my home in Kirkwood. I have 4 children, 10 grandchildren and 5 great-grandchildren, all living out of state. I received Certification from Aquinas in St. Louis in 2002. Interested in 12 step and Eastern spirituality as well as Christian. I am able to listen deeply, with compassion and love, helping others explore the sacred ground of their lives. I believe that "God shows up disguised as your life" and will show us the "golden thread" to follow if we take the time to listen and look. Consider myself a midwife, more that a director.

Ginny Jaskiewicz, CPPS (314-223-7508) [St. Louis, 63118] E-mail: gjaskiewicz@cpps-ofallon.org; Ginny is a Sister of the Most Precious Blood of O'Fallon, MO who completed her Internship in the Art of Spiritual Direction at Mercy Center in Burlingame, CA several years ago. She has been in vocation and formation ministry as well as leadership for her Congregation. She is presently co-director of the Sanguis Christi Spirituality Center. Ginny is honored to walk with others on their ever growing journey into God's love.

Carol Johnson (217-454-9265) [St. Louis, 63108] E-mail: johnsoncarol564@gmail.com: Married Roman Catholic laywoman with four grown children and eight grandchildren. Gentle, compassionate listener. Views spiritual direction as the companioning of others as they journey with God in everyday life experiences. Open to anyone interested in direction. Has a Masters degree in Pastoral Studies with a concentration in Spiritual Direction from Aquinas Institute of Theology.
Bob Kaintz (314-256-1787) [University City, 63130] E-mail: hova1@aol.com; layman, married for almost 43 years with three grown children. 13 years of experience as a prayer companion in the Bridges 19th Annotation of the Spiritual Exercises. Also, experience as a spiritual reflextor in the Ignatian Volunteer Corp and as a prayer companion in the Week/Month of Guided Prayer. I have a special interest in the new cosmology and evolutionary spirituality. I am able to meet retreatants at my home in University City or at another mutually agreeable location.

Mary Kempa (314-821-6349) [right off Manchester and 270] E-mail: marykempa2@gmail.com; I am a Roman Catholic married lay woman with two grown sons. I have a Certificate in Spiritual Direction from Aquinas Institute of Theology. I am honored to companion people on their spiritual journeys: listening for God's presence and reflecting back what is shared. God invites us through the ordinary moments of our lives to open our hearts to become more aware of the Spirit's person, power and presence.

Anne Knight (314-614-2550) [Overland, 63114] E-mail: anne.g.knight@sbcglobal.net; Catholic layperson, single with grown children. Desires to assist others to find their own way to the Holy One in ordinary life by allowing each seeker's personal sacred journey to unfold in an atmosphere of curiosity and non-judgment. Familiar with Ignatian spirituality, Native American spirituality, 12-step program and balancing a full-time career with journeying in the Spirit. Certificate in Spiritual Direction from Aquinas Institute of Theology.

Madeleine Lane, SSND, MA, LMFT (314-963-9600, ext. 3) [Webster Groves, 63119] E-mail: msl524@aol.com; A member of the Central Pacific Province of School Sisters of Notre Dame. She is the director of The Family Center with thirty-five years of educational, pastoral and clinical experience, including spiritual direction. Sister Madeleine offers individual, couple, and family counseling, and specializes in grief ministry. She also serves as a guest speaker, facilitator, work shop presenter and is an adjunct university professor.

Patricia Lane (314-458-3927) [University City, 63130] E-mail: patricialane1@gmail.com; Presbyterian layperson. Married with a grown daughter and son. A compassionate listener with a deep desire to help others explore the presence and movement of God in everyday life. Knowledgeable about the Spiritual Exercises of Saint Ignatius, the Enneagram, and the 12-Step AL-ANON program. Interested in dreams.
Marian Love (314-496-6157) [Fenton, 63026; St. Louis, 63108] E-mail: love@ai.edu; Roman Catholic married woman with two grown children and four grandchildren. Experienced retreat and spiritual director, with background in Ignatian spirituality. Director of Lay Spiritual Formation and Director of the Spiritual Direction Certificate program at Aquinas Institute of Theology. Interested in guiding others to be more reflective of life, God’s presence and movements within it, and their responses to these movements.

Jo Ludwig (314-805-1702) [Dardenne Prairie, 63368] E-mail: KJLCSTL@aol.com; Website: www.josephineludwig.com; Christian-Catholic lay woman. Happily married and mother of two adult women. Experience with healing and recovering from illness or traumas, including addictive behaviors. Educated at Aquinas Institute with Masters in Spiritual Direction (2009) and a Masters Degree in Professional Counseling (Lindenwood University 2011). Experience with multiple forms of prayer and spirituality. Ecumenically minded. Enjoys exploring the stories of people's lives in their walk with our great God. Background in health care as a pharmacist.

Cindy Mackey (618-628-1992) [O'Fallon, IL 62269] E-mail: cindy.mackey@sbcglobal.net; Catholic laywoman, married with one grown daughter. Masters of Theology and Certification in Spiritual Direction from Aquinas Institute of Theology. Background in teaching, coaching, and military service. Experienced spiritual director and retreat leader. Passionate about serving others of all ages, all backgrounds, and all who seek a life more fully present to God and others. Willing to do spiritual direction via Skype or FaceTime.

David J. Malek, ACSW, LCSW (314-580-5000) E-mail: d-malek@sbcglobal.net; Dave holds a Graduate Certificate in Spiritual Direction and Master of Arts in Pastoral Studies from the Aquinas Institute of Theology. Dave is an Episcopal lay person. He is primarily interested in Benedictine spirituality, awareness of God’s presence in our ordinary lives, and the sacrament of the moment. Dave works with men and women of college age and older. He is skilled in working with clergy and religious as well as members of the LGBT community. A focus for him is achieving a balanced life through prayer, work, study, recreation, and rest. He offers spiritual direction at The Mercy Center in the St. Louis metropolitan area.

Jane McKinney (618-656-3770) [Edwardsville, IL 62025] E-mail: mckinney.jane68@gmail.com; Member of the Cooperative Baptist Fellowship, ordained pastoral ministry, R.N., Graduate of Aquinas Institute with Master's in Pastoral Studies, Certificate in Spiritual Direction from Institute for Spiritual Leadership in Chicago. Married, mother of two grown children. Compassionate listening as one unearths and explores the truth within.
Carolyn McWatters, RSM (314-258-3936) [St. Louis, 63131] E-mail: scmcw2001@yahoo.com; Carolyn is a Sister of Mercy of the Americas, South Central Community. She has a certificate in Spiritual Direction from Aquinas Institute of Theology. Carolyn sees spiritual direction as a ministry of accompaniment in which both director and directee strive to be attentive and responsive to the movement of the Spirit in the directee’s life. All aspects of a person’s life provide the context for this exploration. One of the tasks of Christian discipleship is to grow in awareness of the pervasive presence and action of God in this world. Spiritual direction is a reverent process of gently looking at one’s experiences so as to deepen this consciousness and grow in one’s relationship with God.

Joan Mertens (314-420-2507) [House Springs, 63051] E-mail: mertensjoan@yahoo.com; married laywoman to my wife, Erlin; sister, aunt, great aunt, retired elementary and special education teacher of 41 years, with a BA in Theology and a MA in Education; ex-nun with 13 years as a religious; presently enrolled in the Souljourners Spiritual Director’s program in Atchison, KS, and will be certified in the summer of 2016. Active participant at the Rockhaven Ecozoic Center in House Springs, MO since 1990, inspired by the New Story, Creation theology, native American rituals and beliefs, Jesus and his gospels, meditation, my relationship to my late mentor—Sister Tobias Hagan, to circles of people of faith and to nature. I am honored to accompany people as a compassionate listener and questioner on their journeys of faith in the presence of the Spirit.

Joan Moorhem, SSND, MA (314 845-2771) [St. Louis] E-mail: jmoorhem@ssndcp.org; Extensive experience in university education (Japan); human services (USA); and spiritual direction/retreat guidance. Trained in Ignatian spirituality, but comfortable with other traditions as well, including Eastern meditation. For me, spiritual companioning means walking with and reflecting with another as (s)he seeks to recognize and live more deeply God’s Spirit in her/his daily life. My core belief is that “the glory of God is the human person fully alive.” I am available for spiritual companioning in my home or at another mutually agreeable location.

Kathleen Ann Mourisse, OSF (618-655-9524) [Edwardsville, 62025] E-mail: mourissestb@yahoo.com; Roman Catholic Franciscan Sister. I am a certified Spiritual Director, graduate of the Creighton University, Omaha, NE Christian Spirituality Program. I am a compassionate listener who loves to notice the commonalities in our spiritual journeys and experiences. It is such a privilege to accompany an individual as they look at the many ways God is present in their everyday lives.
Janet Nimer (636-227-0772) [Ballwin, 63011] E-mail: nimjan@sbcglobal.net; Roman Catholic married laywoman, mother and grandmother; active in both Bridges and in one on one spiritual companionsing. My hope is to assist others in fostering a contemplative approach to life; helping them to recognize their life experiences as the HOLY GROUND through which the Divine is encountered.

Sharon O’Grady, RGS (307 399 1938) [North County, 63121] E-mail: sharonorgs@msn.com; MA in Pastoral Counseling, La Salle University; certificate from Ministry Training Services, Denver; Certificate in Spiritual Direction from Aquinas Institute of Theology. Familiar with centering prayer and the enneagram. Sees spiritual direction as companionsing another as they seek, and discover the presence and action of God within their everyday life experience. This spiritual direction conversation coupled with prayer and reflection leads to possibilities of a deeper relationship with God and to ongoing conversion and commitment. Sharon is a Religious of the Good Shepherd with over ten years’ experience in spiritual direction and retreats. Other relative previous experience includes ministering in an alcohol/drug recovery program, prison ministry and pastoral care in a nursing home.

Carol Orf, CPPS (314-560-1028) [St. Louis, 63118] E-mail: corf@cpps-ofallon.org; Carol is a Sister of the Most Precious Blood who has worked in vocation and formation for many years and is now co-director of the Sanguis Christi Spirituality Center at St. Pius V. She is a good listener and feels honored to tend the holy in herself and in another. She completed an Internship in the Art of Spiritual Direction at Mercy Center in Burlingame, CA.

Rosemarie Parsons (636-394-5511) [Ballwin, 63011] E-mail: Rdp40@aol.com; Roman Catholic laywoman. Widowed with three grown daughters and two grandsons. A compassionate listener with background in Ignatian Spirituality. Prayer companion in the Bridges Program. Holds a certificate in Spiritual Direction from Aquinas Institute of Theology. Desires to assist others to encounter the presence of God in their lives.
Erlin C. Perlado-Mertens (314-378-1080) [House Springs, 63051] E-Mail: JoErPM2014@hotmail.com; Ecumenical and feminist Christian laywoman who lived half of her adult life as an active religious sister for 23 years with more than thirty years’ experience in formation and pastoral work. I am a spiritual and prayer companion for women and a resource person for group workshops. I worked with women and gender issues since 1992 with the churches in Asia and the US. I have degrees in MA in Pastoral Studies and MA in Religious Studies major in Women and Religion from Eden Theological Seminary (2011, USA) and the Institute of Formation and Religious Studies (2014, Philippines) respectively. I am a member of the Association of Professional Chaplains (APC, USA) and SDI, Spiritual Directors International. My spirituality was nurtured by the Scriptures, St. Joaquina de Vedruna and St. Ignatius and inspired by eco-feminist and indigenous spiritualities. I am honored to do spiritual work with adult women of any age and gender orientation.

Paul Reiter (314-795-2547 cell) [Kirkwood, MO 63122] E-mail: preiter@sbcglobal.net; is a retired Presbyterian minister and served as a pastor and denominational executive. A retreat leader, and spiritual director for individuals and groups, he received training in Spiritual Direction from Souljourners in Atchison, KS and from the Internship in Spiritual Direction at Mercy Center in Burlingame, CA. He is interested in companioning persons in transition and vocational discernment and has a special interest in Men’s Spirituality and the interaction of contemplation and social action. He is open to all faith traditions and meets with directees at the Mercy Center, First Presbyterian Church in Kirkwood, Ladue Chapel Presbyterian Church, and by electronic connection on Skype or FaceTime. He is the father of three adult children and grandfather to seven! Building stained glass windows is a window to the soul for personal refreshment.

Honora Remes, DC (314-873-1131) [Maryland Heights, 63043] E-mail: Honora.Remes@doc.org; Daughter of Charity and a seasoned Spiritual Director with certification from the New Orleans Archdiocesan Spirituality Center as well as receiving her MA in Christian Spirituality from Creighton University, in spiritual direction. She is experienced in on-going direction, 8-day retreats, and the 19th Annotation. A native of Minnesota.
David Sandel (217-766-6237) [Champaign-Urbana, IL 61801] Email: davesandel@gmail.com; Christian counselor and minister (Christian Church/Church of Christ). Certificate in spiritual direction from Chiara Center, Springfield, Illinois. Trained in interpreting the Enneagram and Myers-Briggs Type Inventory. Margaret and I have three grown children. We lead couples retreats focused on Sabbath and spiritual practices, and meet individuals in our home office or by phone/Skype. Lots of experience with clergy, students and couples. Focus on prayer - including lectio divina, conversational prayer, contemplative prayer, worship, healing touch, and laughter.

Margaret Sandel (217-344-2436) [Champaign-Urbana, IL 61801] Email: margaretsandel@gmail.com; retired teacher, former prayer minister with Vineyard Christian Fellowship, volunteer counselor at Hope Center in Urbana. Certificate in spiritual direction from Chiara Center, Springfield, Illinois. Trained in interpreting the Enneagram. David and I lead couples retreats focused on Sabbath and spiritual practices. We have three grown children. We meet individuals in our home office or by phone or Skype. Focus on listening to God together, opening ourselves to God’s healing, dreams, and worship.

Lorraine Senci (618-604-1891) [Troy, IL 62294] Email: lsenci@gmail.com; Married Catholic laywoman who is a mother and grandmother. Feels blessed to companion others on their faith journey by offering compassionate listening, gently accompanying directees who desire to become more aware of God’s presence in the conversations, events and relationships of daily life. Completed a master’s degree in pastoral studies and the graduate certificate in spiritual direction program from Aquinas Institute of Theology. Serves in parish ministry as a pastoral care associate.

Jack Shannon (314-739-5336) Email: john_shannon@att.net; Father of three. Great grandfather of two. Retired high school/college teacher and deacon. Active prayer companion for Bridges retreats to accompany serene disciples of Christ who wish to let go and let God. MA in theology from La Salle University, MA in Christian Spirituality and Certificate in Spiritual Direction/Individually Directed Retreats from Creighton University.

John Shaughnessy (636-256-4843) [Chesterfield, 63017] Email: JShaugh508@aol.com; Roman Catholic married layman; a parent and grandparent; experienced in secondary school and college teaching and in district administration in public schools; has served on private Catholic schools boards of directors; active in parish ministries in St. Louis county. Values spiritual direction as a way to assist those searching to integrate spirituality with everyday life and work; experienced in Ignatian Spirituality; has a background in contemplative prayer. Certificate in Spiritual Direction from Aquinas Institute of Theology and a Prayer Companion in the Bridges Program.
Annette L. Sherwood (314-616-6030) [63125; 63129] Email: psalm-145@sbcglobal.net; website: www.annettelscherwood.com; Roman Catholic married, two adult children. I offer a contemplative listening presence, open, accepting, non-judgmental attitude. I guide men and women of various faith traditions, focused on noticing God’s movement in everyday life. Ready for God surprises, and most known as peaceful, gentle, and challenging. I can facilitate Groups for Spiritual Direction, Prayer, or Supervision. Open for Spiritual Direction or Spiritual Director Supervision. Graduate of the Aquinas Spiritual Direction Certificate Program.

Lucia Signorelli (314-323-0209) [Creve Couer, 63146]. Email: luciasignorelli@sbcglobal.net; Compassionate listener to another’s sacred story of how God draws him/her to the fullness of love. Companion and guide in exploring, finding, and responding to God’s love revealed in all things. Certified in spiritual direction from Aquinas Institute. Life-time ministry in education. Experienced in coaching, retreat work, and faith formation. My faith tradition is Roman Catholic and I am open to all who sincerely seek God in their everyday life experiences.

Judy Spenner (636-938-7654) [Eureka, 63025] E-mail: SpennerSDI@aol.com; Believes that we have the inner wisdom to discern and be grateful about the presence and action of God in our lives and that the “director” can act as a mirror to reflect that back to the directee by active listening with the heart and the Spirit. A Roman Catholic married layperson with 7 grandchildren. A 1997 graduate of the Spiritual Direction program at Aquinas Institute of Theology. Experienced in the Contemplative dimension, Bridges/Ignatian, Charismatic, 12 Step, Carmelite and Cistercian Spiritualities. Accompanies persons of all faiths.

Mary Taylor (314-952-2448) [63119, 63131] E-mail: mzt3522@gmail.com; Episcopal lay woman, former practicing attorney, interested in contemplative approach to spiritual direction and listening deeply to your life’s path and where God may be leading you. As a spiritual guide, I am joining a conversation already going on between you and God. I meet with young adults, professionals, clergy, others, and in Group Spiritual Direction. Experience with 12 step programs. Lay Chaplain with hospice patients and incarcerated youth. Contemplative Prayer Group leader. Certificate in Spiritual Direction from Shalem Institute for Spiritual Formation, Washington, D.C. I meet with directees at Emmanuel Episcopal Church (Webster Groves) and Mercy Center (Frontenac).
William (Bill) Yarbrough (404-326-1917) [Columbia, Mo, 65202] E-mail: wcyrbrough@gmail.com. Serving diverse traditions, Bill is married, a parent, grandparent, and pastor living in the Columbia area that actively serves with a church-based non-profit throughout Latin America, the Caribbean, and Sub-Saharan Africa. In Spiritual Direction, Bill is deeply committed to creating safe and sacred spaces in God’s presence for directees in order to experience God’s presence, freedom, feelings, listening, exploration and discovery, all bathed in God’s promises and the expectancy of personal, community, and global transformation. MDiv/DMin from Covenant Theological Seminary and Certificate in Spiritual Direction from Aquinas Institute of Theology.

Many spiritual directors request a nominal fee, some receive your free will donation, others use a sliding scale according to a directee’s circumstances, and others offer their time.