

Fee \$50-\$60 90 minutes

Robin Black-Rubenstein

Metro-East, Edwardsville 62025

618.406.5562

Married, Roman Catholic laywoman with two adult daughters and two adult step-daughters. Director of Campus Ministry Southern Illinois University of Edwardsville, Spiritual Director, Retreat Leader, Certified Grief Counselor. MA Pastoral Studies and MA Certificate Spiritual Direction from 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.

Betty Cloughley

314.843.3572 nezloh@mindspring.com

Married Catholic laywoman; mother of three sons, two adult and one deceased. Spirituality Interests: Feminine Spirituality, meeting points of Eastern/Western spirituality; prayer; living in a spirit of gratitude; connections between the daily "ordinary" and the Holy; journaling, both written and creative, as a tool for spiritual growth; Lectio Divina using nature, photography, creativity, music, etc. Spiritual companion for 20+ years, lead private, individual and group retreats, days of prayer, seminars on Gratitude in daily life. In addition to meeting personally, open to "meeting" for spiritual direction by either phone or Skype. Certified pastoral minister, Archdiocese of St. Louis. Graduate of Aquinas Institute-MA in Pastoral Studies and in Spiritual Direction. Member of Spiritual Directors International. Moderator of international forum on spirituality. Adjunct Spiritual Director, Mercy Conference and Retreat Center 10+ years. Fee negotiable.

Zoom only

Renée Dewhurst, D.H.M. MA, BCC

Meeting location ZIP code: 63090 314.494.2434 renee.c.d@att.net

Denomination: Catholic • Vocation: Religious Sister – Daughters of the Heart of Mary • Spiritual Interests and Perspectives: On the discernment journey – and on the journey towards intimacy with God and with one's Larger Self - Renée values, as a healing and integrative approach, the cultivation of one's ability to be in an empathic relationship with the parts of one's inner life, as well as with one's life events and circumstances. Renée values inter-religious and inter-spiritual dialogue and diversity, and is experienced in walking with people of any tradition, age or culture. She is an Aquinas Institute of Theology MAPS graduate and holds an Aquinas Institute Graduate Certificate in Spiritual Direction. Currently Renée works as a hospital staff chaplain. Open to new directees. Fee: Negotiable. Sessions can be conducted in person, by phone, FaceTime, Skype, or Zoom.

Dan Frachey

Zoom – Fee \$60

Springfield, IL 217.899.9918 dfrachey@chiaracenter.org

Dan obtained his Masters of Arts in Pastoral Studies at the Aquinas Institute in 2009 and completed his Certificate in Spiritual Direction in 2010. He currently serves as Program Director at the Chiara Center; a place of Franciscan Spirituality in Springfield, Illinois. He has been married for 27 years and has two grown children (step-parent). While his religious background is Catholic, Dan has much experience in his community building strong ecumenical and interfaith relationships and will begin serving as President of the Greater Springfield Interfaith Association in January of 2020. Having worked in parish ministry with children, teens and adults for 11 years prior to his present work, he is well grounded in Catholic theology and practice. At the same time Dan is currently exploring how those outside traditional religious structures desire and need to feel connected to a higher power in order to honor and realize the fullness of their spiritual identities. Dan possesses an Incarnational spirituality that is rooted in image and metaphor in order to help others find clarity in one's experience of God. His areas of strength include the use of story, visualization, tactile contemplation (using objects) and humor. When not doing direction, Dan plays trombone in community theater productions, makes his own jelly and flies his kite during the afternoon breaks when the weather permits it.

Brentwood, 63144 314.606.4821 frigonmj@sbcglobal.net

Mary Frigon-Milner

Brentwood, 63144 314.606.4821 frigonmj@sbcglobal.net

Mary is a Roman Catholic married laywoman with many years of experience companioning others on their faith journey. She brings her background in hospital chaplaincy and spiritual formation, as well as a deep appreciation for Ignatian spirituality, to her spiritual direction ministry. Mary especially enjoys accompanying persons seeking to deepen their prayer life, discerning life changes, or exploring how past hurts may have impacted their relationship with God. She is experienced in working with laypersons, clergy and vowed religious.

Judith Hehl

Kirkwood, 63122 314.835.1554 judith.hehl@gmail.com

Judith is a Roman Catholic laywoman, divorced/widowed, with grown children and ten grandchildren. Besides offering the ministry of spiritual direction to those who seek assistance, she is interested in Eastern spirituality and meditation shaped by 12-step spirituality. Judith is able to listen with compassion and assist others in exploring the sacred ground of their lives. A graduate of the Aquinas certificate program. Open to new directees.

Christy Hicks

573.418.7373 (C) christy.hicks@slu.edu

I am currently a Campus Minister at Saint Louis University and have been ministering to young people for over twelve years primarily in the field of Campus Ministry. I am engaged to marry a wonderful man in the fall of 2019. My spiritual direction certificate was completed at the Aquinas Institute of Theology my MA in Pastoral Ministry is from the University of Dayton. I am open to all who are interested in exploring their own faith journey, seeing every path as unique to the person. After spending a year in India and Nepal, though my studies have been through the lens of Catholic-Christian faith and thought, I reverence the perspective and beauty that other faith traditions share. The fee is on a sliding scale.

Bob Hoffman

314-791-3553 bob@hoffman8.com

Bob is a married, Catholic layperson and father of six. He holds a Certificate in Spiritual Direction from Aquinas and is completing his MA in Pastoral Studies. He is comfortable working with individuals from any religious background and views spiritual direction as an opportunity to walk with others through their life to witness and experience God in all aspects. He has experience in the area of adoption and its impact on relationships with God and neighbor, as well as the areas of 12-step, MBTI, prison work, and the business world. Open to new directees. Donations accepted..

Marian Love

I am a lay Catholic woman, married with two adult children and seven grandchildren. With 25+ years of spiritual direction, retreat work, and adult faith formation programs, I am passionate about helping seekers discover God within themselves and their life experiences. Trained in Ignatian Spirituality and the Spiritual Exercises of St. Ignatius Loyola, I also hold a MAPS degree and Graduate Spiritual Direction Certificate from Aquinas Institute of Theology, St. Louis, Mo.

If you are seeking a warm, safe, and compassionate space to explore your relationship with God, I offer my gifts of deep listening, discernment, and gentle presence. My approach is contemplative, using scripture, music, art, and movement to help explore the presence and guidance of the Spirit..

I am available to meet in person, via Skype or Zoom, and in a limited way via phone. You may contact me at flourishfaith14@gmail.com, or by text or phone 314-496-6157.

Jo (Josephine) Ludwig

ZIP codes meetings: 63108 (Aquinas Institute), 63301, 63031, and 63042. 636.255.0341 (H) and 314.805.1702 (C) Kjlcastl@aol.com

Denomination: Roman Catholic. Vocation: Married Lay woman, late 40's. Mother of two daughters. Spiritual Interests and Perspective: Interested in helping those who wish to grow closer in relationship to God. I would be particularly helpful to women working through addiction and recovery issues for themselves or in conjunction with their spouses or children. Other: Open to all ages and to those who are ecumenically minded.

Sr. Maureen Martin, ACSJ

As an Apostle of the Sacred Heart of Jesus, I am an experienced “deep listener” with a certificate in Spiritual Direction from Aquinas Institute of Theology. Steeped in our charism of the Sacred Heart, I attempt to foster the personal knowledge of the heart where one can hear the heartbeat of God that supports, comforts and challenges to full growth. With further influences from the Ignatian tradition, I suggest varied prayer experiences with scripture as well as wisdom of saints, mystics and other holy lives. Journaling, art and music are recommended sources of personal insight.

I can be reached at mmartin@ascjus.org or by phone 203-606-9105.

Katie Rademacher

314.724.2081 katierademacher@att.net

Katie is a single Catholic layperson. She has a Masters in Pastoral Studies and Certificate in Spiritual Direction from Aquinas Institute of Theology. Katie sees spiritual direction as a sacred space to explore, discover and claim our true and authentic self-in-God; a safe place to encounter and deepen our relationship with the God who is with us. Her desire is to accompany others seeking to move forward in the spiritual life with freedom. Meeting space is at Aquinas Institute and fee is negotiable.

Lorraine Senci

Troy, IL 62294 618.604.1891 lsenci@gmail.com

Married Catholic laywoman who is a mother and grandmother. Completed a master's degree in pastoral studies and earned a certificate in Spiritual Direction from Aquinas Institute of Theology. Currently serves in parish ministry as a pastoral care associate. Feels blessed to accompany others on their faith journey by offering compassionate listening, helping those seeking direction to recognize God's movements in the conversations, events and relationships of daily life. Can meet at Aquinas Institute. Donations accepted.

Lucia Signorelli

314.323.0209 luciasignorelli@sbcglobal.net

Roman Catholic lay woman with background in consecrated religious life. Compassionate listener to another's sacred story of how God draws him/her to the fullness of love. Seeks to companion and guide those who desire to explore, find, and respond to God's love revealed in all things and all moments. Brings experience in contemplative prayer, centering prayer, lectio divina, journaling, and Ignatian spirituality. Graduate certificate in spiritual direction from Aquinas Institute. Also available for directed retreats, days of prayer, group spiritual direction, and coaching. Meeting space is in the Creve Couer/Chesterfield area.

Mary Kempa

314.504.8717 marykempa2@gmail.com

Fee Sliding Scale

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 in their lives and reflecting back what is shared. Through ordinary moments, God invites us to open our hearts to increased awareness of the Spirit's person, power and presence.