

Spiritual Directors

Below are brief bios for Spiritual Directors. Most of them are in the St. Louis area, but some are only available online. These bios are meant to give you an idea of the director. The brief bios are limited so feel free to contact the person if you'd like to learn more about them as a director.

Christy Hicks Aydt

Phone: 573-418-7373

Email: christyhicks9@gmail.com

Christy is a married woman who has been ministering and companionship people for the last twenty plus years. She is a hospital chaplain resident and a spiritual director who formerly worked in Campus Ministry at SLU. Christy is open to all who are interested in exploring their own faith journey and sees every path as unique to the person. In 2010-2011, she spent a year in India and Nepal, and though her studies have been through the lens of Catholic-Christian faith and thought, she reverences the perspective and beauty that other faith traditions, people, and cultures share. Can assist to listen for and explore a variety of spiritualities such as mystical, feminist, liberation, incarnational (embodied), Ignatian, biblical, and interfaith to name a few. Available to meet in person or online. Masters in Pastoral Ministry from the University of Dayton and a certificate in Spiritual Direction from the Aquinas Institute of Theology; trained in the Spiritual Exercises of St. Ignatius and Preaching. Fee on a sliding scale for students.

Denise Carpenter

Phone: 314-223-8284

E-mail: dcarpen@fastmail.fm

Denise is an Episcopal lay person who holds a Certificate in Spiritual Direction from Aquinas Institute. She is comfortable working with directees from any Christian background. Her listening skills developed during a Social Work career spanning 25 years. Denise believes that God's love is the central fact of our faith, of our lives, and of history. The spiritual director is privileged to accompany people as they become more aware of God's love. She has experience in both Ignatian and Benedictine spiritualities. She is available to meet by Zoom or Skype.

Kathleen Geraty Davis

Phone: 314-575-7363

E-Mail: kmgdavis@gmail.com

Kathleen Geraty Davis is a Spiritual Director and Retreat Leader. Her Master's degree and formation from Aquinas Institute of Theology ground her in the search for Truth. As a Director, she delights in meeting each individual just as they are, and honors their unique connection with the Holy. Kathleen's retreats and lectures encompass a wide range of spiritual topics, including the wisdom of the mystics, feminist spirituality and our Incarnational Reality. Available to meet in person or via video chat.

Renée Dewhurst DHM-MAPS-BCC

Phone: 314-494-2434

E-Mail: renee.c.d@att.net

Renée is a spiritual director, a Board Certified (NACC) Chaplain currently on 'Retired' status, and a member of a global Catholic women's congregation – the Society of the Daughters of the Heart of Mary (DHM). On the lifelong journey towards intimacy with God and discovery of one's essential self, discernment is a continual process. Renée values a healing and integrative approach through the cultivation of one's ability to bring curiosity and compassionate presence to all of the parts of one's inner life, life events and circumstances, and to others. Renée values inter-religious, inter-spiritual, and inter-cultural dialogue and diversity and is experienced in walking with people of varied traditions, ages, and cultures. She is an Aquinas Institute of Theology MAPS graduate and holds an Aquinas Institute Graduate Certificate in Spiritual Direction. Currently residing in the Holyoke MA area, Renée serves as part of her congregation's leadership team. Renée is open to new directees. Fee: Negotiable. Sessions conducted via Zoom/online or - if feasible - in person.

Erin Duffy-Burke

Phone: 847-975-2972 [St. Louis, 63118]

E-mail: erinduffyburke@gmail.com

Website: <https://erinduffy-burke.com/embodied-soul-sessions>

Erin prefers the name "spiritual companion" or "midwife of the soul" to spiritual director. She considers it a great honor and privilege to walk with those seeking deeper relationship with the One who gives all life and love. She is amazed at what happens when two gather to attune to the movements of the "golden thread" — the weaving of the Divine in our human life. She is an experienced minister and soul companion, having walked alongside seekers for over fifteen years now. She is also a yoga teacher and facilitator of embodied transformation, and loves incorporating these embodied sources of wisdom into soul work, should that be something that serves you. She holds an M.Ed. from the University of Notre Dame, an MA in Multicultural Ministry from the Franciscan School of Theology, and an MA in Christian Spirituality from the Graduate Theological Union.

Michael Durbin

Phone: 618-654-5840

E-mail: michaelj.durbin@gmail.com

Michael resides with his wife in Lafayette, CO. He is near his three children and six grandchildren. 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 understand this as grace; God's grace acting upon us. 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 2013 graduate of Aquinas Institute of Theology, Master of Arts in Pastoral Studies and a Certificate in Spiritual Direction.

Thomas Esselman, C.M.

Phone: 314-956-0185

Email: tesselman@vincentian.org

Tom is a member of the Congregation of the Mission, popularly known as the Vincentians. Currently he serves as the assistant provincial of the Western Province, headquartered in St. Louis. He has over thirty-five years experience teaching theology and accompanying others in spiritual direction. Tom has worked with both priesthood students and lay persons in seminaries here in the United States and in Kenya. He also helped found the Colorado Vincentian Volunteers. His community is active in the ministry of evangelization to persons who are poor. Tom understands spiritual direction as a journey in which a person of faith enters more deeply into his or her relationship with God. His office is in the Aquinas Institute building at Forest Park Avenue and Spring St. Call or email if you would like to discuss spiritual direction or celebration of the sacrament of reconciliation.

Mary Flick, CSJ

Phone: 314- 952-5581

E-mail: mflickcsj@gmail.com

Mary is a Sister of St. Joseph in St. Louis. She serves as formation director for the members of St. Joseph Educational Ministries, and as justice coordinator for the CSJ's St. Louis province. She has a master's degree in religious studies from Saint Louis University and a certificate in spiritual direction from Aquinas Institute of Theology. Mary has a passion for things Ignatian and is a speaker on Ignatian spirituality, prayer and discernment. She also serves as a spiritual director for participants in the Ignatian Volunteer Corps, Jesuit Volunteer Corps, and the Bridges program (the 19th Annotation Retreat in Everyday Life). Mary sees her ministry as encouraging others to develop a relationship with an ever-faithful God, who desires the same. Her schedule is flexible during the day and she can meet on Zoom or by phone, if preferred.

Steve Givens

Email: givenscreative@gmail.com

Webpage: www.givenscreative.com

Steve is a married Catholic father and grandfather with an ecumenical spirit and worldview. He is a widely published writer on Christian faith and contemplative spirituality. He holds a graduate certificate in spiritual direction from Aquinas Institute of Theology and has deep experience in Ignatian spirituality. Also a musician and composer, he is particularly interested in working with those involved in the creative and artistic process, as well as those facing serious health issues. He is a retired university administrator with a flexible schedule during the day and also available to meet online via Zoom, Facetime, or Facebook Messenger. He has a flexible fee scale, especially for students.

Judith Hehl

Phone: 314-835-1554

E-mail: Judith.hehl@gmail.com

Laywoman, mother, grandmother, dedicated to deep listening and accompanying those who wish to journey deeper into their Spirit. Has been in 12 step AlAnon for 31 yrs. (for friends and family of alcoholics) interested in Eastern/Buddhist spirituality. Has done Spiritual Direction since 2001. See people in my home in Kirkwood or online. Sliding scale \$1 - \$50/hour.

Virginia Herbers

Email: virginia.herbers@slu.edu

Virginia is a single Catholic lay person who has spent her life in ministry to the Christian gospels and Catholic Church. After many years in education (teaching all levels of students from kindergarten to university), Virginia now serves as Director of Mission Formation at Saint Louis University and offers spiritual direction within the university community to faculty and staff. She believes that the fundamental principle of all good spiritual direction is accompaniment toward a deeper life in God, and uses Ignatian spirituality as well as artistry in her ministry of spiritual direction. Virginia received her Masters as well as her certification in spiritual direction from Aquinas Institute in 2009.

Jessica Kerber, aci

Email: jessica.kerber@slu.edu

Sister Jessica is a Handmaid of the Sacred Heart of Jesus, an international congregation of women religious with Ignatian Spirituality and a particular Eucharistic charism. She's a Sister, but not a "cradle Catholic," so questions were certainly part of the journey in faith and in vocation. Sister Jessica completed her philosophy and theology studies at the Jesuit Pontifical University in Madrid, where she also studied about the Spiritual Exercises of St. Ignatius and spiritual direction. She currently teaches at SLU and accompanies sisters in formation during their years of study. She finds great joy and grace in accompanying others in their faith journey, and most often accompanies university students and young adults. As all spiritual directors hope to do, she hopes to meet others where they are, whether with initial questions about a spiritual life or seeking to deepen a relationship with Jesus Christ. There is no fee for students. Meetings can be in person or via video. Accompaniment can be in English or Spanish.

Edward Kinerk, S.J.

Phone: 720-471-2041

Email: ekinerk@gmail.com

Father Ed is a Jesuit priest with a doctorate in Spiritual Theology from the Gregorian University in Rome. He has been doing spiritual direction and directed retreats for many years with people from all types of backgrounds and religious orientations. Most recently he has served as the director of the Jesuit Retreat House in Colorado and before that president of Rockhurst University in Kansas City, and before that as Provincial of the Missouri Province of Jesuits. He has written three articles for the journal, Jesuit Studies, with another one in the making. He often says that the role of a spiritual director is to help the person coming for direction to hear themselves.

Marian Love

Phone: 314-496-6157

Email: flourishfaith14@gmail.com

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 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 by email, text or phone.

Josephine Ludwig, RPh, MA, MA, LPC

Phone: 314-805-1702

E-mail: kjlcstl@aol.com

I am a spiritual director with an additional "perk" of licensed professional counselor credentials. I practice in a convenient location: LUDWIG COUNSELING AND SPIRITUAL DIRECTIONS, currently meeting only online. I offer a welcoming, compassionate atmosphere to all and bring a warmth and relaxed spirit to the experience of spiritual direction. I have been active in spiritual direction since 2005 and am open minded and open spirited. I consider it a privilege to journey with people who seek. I have a broad range of experience and really enjoy working with anyone who wants more of the abundant life we are promised. I am ecumenically focused and have had success with individuals, couples, groups and support for addiction recovery as well.

Mike May, S.J.

Phone: 314-255-4293

E-Mail: mike.may@slu.edu

Mike has been a professor in the math department since his ordination in 1993. Since 2000 he has been living in Reinert Hall with 500 of his closest 18 year old friends. He is probably best known for his practice of making 300 chocolate chip cookies once a week for distribution to his fellow Renertians. There is no fee for students at SLU.

Rhonda Miska

Email: rhondacville@gmail.com

Rhonda is a Roman Catholic lay ecclesial minister, preacher, writer, and spiritual director who has served in various settings including parishes, campus ministry, retreat centers, universities, and intentional communities. She holds a MA in Pastoral Ministry from the Boston College School of Theology and Ministry and is a graduate of the Spiritual Direction Institute in the Diocese of Richmond, Virginia. Rhonda served as a Jesuit Volunteer in Nicaragua from 2002-2004. Rhonda spent several years discerning religious life as a Dominican Sister and her spirituality is shaped by both the Dominican and Ignatian traditions. She finds joy in accompanying seekers who desire to grow in freedom, deepen in their awareness of God's presence and action in their lives, and more fully receive and reflect divine love. Based in the Minneapolis/St. Paul area, she is able to meet via Zoom. General fee \$60-\$90, suggested stipend for students: \$35-\$50. Full-time service volunteer fee - Negotiable, depending on circumstances.

Joan Moorhem, SSND

Phone: 314-348-1921

E-mail: jmoorhem@ssndcp.org

Joan has spent many years working with adults at important times of their lives. She was a college/university instructor in Japan and is very familiar with Eastern Spirituality. Here in the States, she has worked extensively with abused women; also with refugees and new Americans. Experienced in giving and receiving spiritual direction, Joan is comfortable with many forms of spirituality. She believes that "spiritual direction" is spiritual companionship: walking and talking with another to uncover the movement of God's Spirit in each of our lives. Spiritual companionship available at my home. Suggested stipend: \$40

Sean O'Rourke

Phone: 618-975-3937

E-mail: orourke@washucsc.org

I am a Roman Catholic layperson involved in university ministry. I hope to create an environment of deep listening, non-judgement, and encouragement that enables directees to recognize and respond to God's love with freedom and creativity. I have worked with young adults and individuals who are incarcerated, but am open to working with anyone who is interested in deepening their relationship with God and others. I am open to meeting in person, or using Zoom/Skype/FaceTime. Master of Arts in Pastoral Studies and a certificate in Spiritual Direction from Aquinas Institute of Theology. [St. Louis, 63105]

Katie Rademacher

Phone: 314-724-2081

Email: katierademacher@att.net

Katie is a single Catholic layperson. She holds a Masters in Pastoral Studies and Certificate in Spiritual Direction from Aquinas Institute of Theology. Katie sees spiritual direction as a safe and sacred space for exploring and rediscovering our authentic selves in God. She delights in accompanying others seeking to grow in the spiritual life. Available to meet in person or via video chat. Stipend adjusted per need or situation.

Lucia Signorelli

Phone: 314-323-0209

E-mail: luciasignorelli1311@gmail.com

Catholic lay woman open to meeting with others of different faith traditions. 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. Available to meet in-person, through Zoom, FaceTime, or Google chat. Stipend adjusted per need or situation.

Phil Steele, S.J.

Phone: 303-601-4801

E-mail: psteele@jesuits.org

Phil grew up in Denver in a family of artists. In addition to the usual Jesuit study of philosophy and theology, he earned a Master of Fine Arts in painting. Most of his Jesuit life was spent in high school work—teaching art, running campus ministry, and administration. His positions as rector of Jesuit Hall and now as superior of the new St. Ignatius Hall Community for retired Jesuits have given him a bit more room for spiritual direction than time would permit earlier. He believes the primary role of a spiritual director is not to direct, but to listen, look for patterns or themes, and reflect those back to the other person. We walk this journey together.