

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:(text/call) 314-635-7006; (campus office) 314-977-9778

Email: christy.hicks@slu.edu

Christy is a married lay woman who has been ministering and companioning people for the last twenty years. She currently works in Campus Ministry at St. Louis University. Christy has a Masters in Pastoral Ministry from the University of Dayton and a certificate in Spiritual Direction from the Aquinas Institute of Theology; she is also trained in the Spiritual Exercises of St. Ignatius. 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 share. There is no fee for students at SLU and she is available to meet in person or via Zoom/online.

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.

Tom Cwik, S.J.

Phone: 314-341-2239

E-mail: cwik90@gmail.com

Tom is a Jesuit living in Jesuit Hall across from College Church. He holds a MDiv. from the Jesuit School of Theology in Berkeley where he lived in an insertion community in West Oakland. Completed the feasibility studies for Cristo Rey Schools in Denver and Kansas City while on the provincial staff. Served as Associate Pastor and Pastor in Kansas City and Denver, respectively. He sees spiritual direction like "scouting" in the Old West: personal experience going one way and hearing tell of others who have gone that way too or taken alternative ways. A scout has some experience that may prove helpful or not as you make your way. Available by Zoom/Skype or in-person outside of Jesuit Hall (we are still in lockdown since we have a vulnerable population).

Kathleen Geraty Davis

Phone: 314-575-7363

E-Mail: kmgdavis@gmail.com

Kathleen is a spiritual director and retreat leader. She is an adjunct instructor and the Director of the Graduate Certificate in Spiritual Direction Program at Aquinas Institute of Theology in St. Louis, Missouri. Kathleen's retreats and lectures encompass a wide range of spiritual topics, her favorites include the wisdom of the mystics, feminine spirituality and universal wholeness. She cherishes the work of helping others discover their innate goodness and eternal connection to the Source of all life and love. She and her husband Jack live in Kirkwood, Missouri.

Renée Dewhurst, DHM, MA, BCC

Phone: 314-494-2434

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

Meeting location zip code: 63090

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 essential self - Renée values a healing and integrative approach through the cultivation of one's ability to bring curiosity and compassionate presence to the all of the parts of one's inner life, to one's life events and circumstances, to others, and to the earth. Renée values inter-religious and interspiritual 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 Renée works as a hospital staff chaplain. Open to new directees. Fee: Negotiable. Sessions can be conducted in via Zoom, FaceTime, Skype, or in person.

Fr. Michael Dooley, S.J.

Phone: 504-453-1650

Email: mndooley@jesuits.org

Fr. Mike is a native of New Orleans, LA. He currently serves as the vocation director for the Jesuits of the Central and Southern Province. He did theology studies at the Weston School of Theology (now the Boston College School of Theology and Ministry) and graduate work in education at B.C. For over 20 years he ministered in Jesuit high schools as a teacher, campus minister and coordinator of faculty spiritual development. He has also served as assistant novice director and in various capacities on the provincial staff. In addition to Jesuit vocation ministry, he enjoys gardening, cooking, puzzles and (in pre-COVID days) occasionally enjoyed Cardinals' games and St. Louis Symphony concerts. There is no fee; he is available to meet in person or by video conference.

Erin Duffy-Burke

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

E-mail: erinduffyburke@gmail.com

Writings: erinduffyburke.com;

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

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.

Robby Francis

Phone: 314-608-4723

Email: robby.francis1982@gmail.com

Robby is a Catholic lay minister who leads a ministry for youth and young adults in Cincinnati, OH. He has been doing ministry with young people for twelve years (he is a former SLU Campus Minister). He sees spiritual direction as a place to grow one’s understanding of prayer and relationship with God, and to deepen one’s understanding of themselves and who God is inviting them to be. He is familiar with Ignition Spirituality and other forms for contemplative prayer and meditation. He received his Masters in Pastoral Studies and a Certificate in Spiritual Direction from Aquinas Institute of Theology. He is available to meet with students through Zoom, FaceTime, and other forms of video chat. Sliding scale of \$15-25.

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. 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.

Bob Hagan, S. J. -

Email: bhagansj@yahoo.com

Phone/Text: 816-500-5743

Fr. Bob Hagan, S. J., was born in Independence, MO, in 1942, graduated from Rockhurst High in Kansas City and entered the Jesuits in Florissant in 1959 and was ordained a priest in the College Church in 1972. He holds four university degrees from SLU--a B. A. in Greek and Latin Language and Literature, a Ph. L and M. A. in philosophy, and an M. Div. in theology. He also holds an S. T. L. in theology, with a focus on Christian spirituality, from the Pontifical Gregorian University. As a priest he has worked 31 years as an associate pastor and pastor in several parishes, mostly poor parishes and parishes with a notable Latino and Black membership. He also worked for 8 years in development for the Pontifical Gregorian University and Biblical and Oriental Institutes in Rome. Since 1972 he has given the Spiritual Exercises in many formats--30-day and 8-day directed retreats, 8-day preached retreats (twice a year for 12 years in Rome for English-speaking women religious), and since 1995 several 9-month retreats in daily life annually. Since 1972 he has also provided spiritual direction for a wide variety of persons of all ages from all states of life. He has been an active member of the Catholic Charismatic Renewal since 1970. He is an LGBT-friendly priest.

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.

Jane Jakoubek

Phone: 309-536-0786

Email: janejakoubek@gmail.com

Jane was trained in spiritual direction at Aquinas Institute following a career in higher education, marriage and family. Her spiritual community currently includes participating in a Lutheran (ELCA) congregation and drawing on the monastic wisdom of the Benedictines and mystics of all ages and traditions. She is especially interested in the intersection of faith and life, both daily experiences and choices about work, relationships, and lifestyle. She seeks to listen deeply as she accompanies others on their own journeys.

Marian Love

Phone: 314-496-6157

E-mail: 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, but I can also meet on Zoom. 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.

Jane McKinney

Phone: (Cell) 618-978-9608

E-mail: mckinney.jane68@gmail.com

I am a widow after 49 years of marriage, a mother of 2 grown sons, and a grandmother. I received a Bachelor's degree, Cum Laude, from SIUE School of Nursing, a Masters in Pastoral Studies from Aquinas Institute on the SLU campus and a certificate in Spiritual Direction from the Institute of Spiritual Leadership in Chicago. I have worked as an R.N. and a hospital chaplain. I provide SD in my home in Edwardsville, IL and would be willing to come to campus as needed. I truly believe God provides guidance to unearth the wisdom we have within. I provide compassionate listening and companioning to seekers of a deeper relationship with Christ.

Fr. Thomas Melancon, S.J.

E-mail: tmelan8402@aol.com

I am a retired Jesuit priest living in Jesuit Hall. I am a native St. Louisan and have received most of my University education at SLU. I have served as a teacher in our Jesuit high schools, and as a priest in several parishes. I have done internal ministry in two Jesuit communities, as an assistant superior at our seminary in Boston, and, most recently, as director of the Jesuit infirmary at Jesuit Hall. After retirement from that job, I have helped out various parishes in the Archdiocese as a confessor and presider at Mass. I have served as a confessor and celebrant weekdays at the College Church until the beginning of the pandemic. My style is to listen as carefully as possible to those who come to me, and to help them to grow in their relationship with the Lord. I believe that the Holy Spirit is the best spiritual director and that my job is to help open the door to the Spirit.

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 has a Masters in Pastoral Studies and Certificate in Spiritual Direction from Aquinas Institute of Theology. Katie sees spiritual direction as a sacred space for exploring and discovering our true selves in God; a safe place where we are invited to encounter and deepen our relationship with the God who is with us. Her hope and passion lies in accompanying others seeking to move forward in the spiritual life. Available to meet in person or via Zoom and fee is negotiable.

Mike Sheeran, S.J.

E-mail: msheeran@jesuits.org

Fr. Mike Sheeran, S.J. served for 37 years as administrator and faculty member at Regis University in Denver. He was Dean of Liberal Arts, Academic Vice President, and President. Jesuit training left him with five degrees from SLU. His Ph.D. dissertation from Princeton was a study of the Quaker style of Communal Discernment. Since retiring from Regis, Fr. Sheeran served for eight years as President of the AJCU (Association of Jesuit Colleges and Universities), where he coordinated the first round of Mission Priority Exams at the 27 U.S. Jesuit universities – an exercise allowing each university to decide what two or three mission priorities to focus on for the next few years. Fr. Mike has done some individual spiritual direction and helped faculty, trustees, and administrators become comfortable with individual and communal discernment in an Ignatian style. While Covid-19 continues to flourish, he would be happy take a few folks interested in spiritual direction using Zoom.

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.

E-mail: philip.steele@slu.edu

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. Since returning to St. Louis three years ago to be rector of Jesuit Hall, he has been doing more 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.

Mary Zabawa Taylor

Phone: 314-952-2448

Email: mzt3522@gmail.com

I am an Episcopal lay woman trained in the contemplative approach to spiritual direction, where we listen to your life with an ear to the holy. If you are looking for a place of calm in this busy world and your place in it, if you want a quiet hour devoted to your life with God, if you are struggling with your faith, or want to dig deeper, I am honored to sit with you. My practice is very diverse. I meet with young adults, professionals, clergy, others, and in Group Spiritual Direction, with women at the County Jail and those in hospice. Experience with social justice ministries, 12 step programs, child abuse. Contemplative Prayer Group leader. Recovering attorney. Certificate in Spiritual Direction from Shalem Institute for Spiritual Formation, Washington, D.C. Sliding scale offering. Meeting Location in Maplewood sometime soon. But for now, I meet on Zoom. *The habit of discernment fine-tunes the ear of the heart so that we rehear more clearly the invitations to love intrinsic to every moment of life.*

Rose Mary Dougherty, SSND

Fr. Jack Zupez, S.J.

Phone: 314-633-4474

E-Mail: jzupez@jesuits.net

Bio at https://issuu.com/jesuitsmissouri/docs/summer_jesuits_2017/23

Jack is 83 years old and still very much alive. He works in prison ministry (since 2013), counsels, and assists in parishes. He earned an MS in mathematics and an StL in theology, both from St. Louis U. His teaching experience included nine years at Seminaries in Africa and eight years in Belize, Central America. He lived in a Fairfield University dormitory for 6 years. He has published 68 articles on spirituality and in his free time edits Wikipedia articles, plays tennis, and cheers on Pope Francis. There is no fee: he lives at Jesuit Hall (Grand and Lindell) and can meet there (in the yard during the pandemic) or discuss by phone (314-633-4474), email (jzupez@jesuits.net), or other means.