

Spiritual Directors

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

Ember Baker

Phone: 314-732-6559

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Website: emberbaker.weebly.com

Ember Baker is a 59 year old lesbian woman. She does interfaith spiritual direction and has a special ministry to LGBTQ individuals. Her faith background is varied having grown up in the Lutheran church, converted to Catholicism in her teens through the Catholic charismatic renewal, and later in life studied and gained perspective from Buddhism, Hinduism, Judaism, Native American, and other spiritual traditions. She has been doing spiritual direction for about 10 years, has developed and taught a number of classes in spirituality through Metropolitan Community Church of Greater St. Louis, and has a ministry in alternative healing. She will graduate from the Hesychia School of Spiritual Direction in November of 2014 where she learned the Evocative method. Her style is non-directive -- she won't tell you what to do or what to believe, but will seek to accompany you as you explore your own spiritual path.

Carol Bauer

Phone: 314-520-7819

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I am a married Catholic laywoman, with lifetime experience in the ministries of high school education, campus ministry, pastoral music, and seeking God. Accompanying young adults in the unfolding of their call to go deeper with God is a great joy to me. I am an adjunct staff member at Mercy Center, and am also available to meet at SLU or other mutually agreeable location, as well as by Skype or phone. I hold a Certificate in Spiritual Direction from Chiara Center, Springfield, IL.

Marian Boberschmidt

Phone: 771-2074

E-mail: niakuumba@usroute66.net

Marian is a mature Roman Catholic Franciscan sister. She brings to spiritual direction her years of lived experience as a religious woman and the rich spirituality of the Franciscan tradition. She usually meets directees at Nia Kuumba Spirituality Center, she enjoys working with young adults. Marian is a graduate of the Aquinas certificate program. Fee is negotiable/sliding scale.

Denise Carpenter

Phone: 314-223-8284

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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.

Agnes Chawadi

Phone: 314-699-5389

E-mail: agnes.chawadi@gmail.com

Catholic woman with past 30 years of life as a religious nun, traveled 21 countries to assist parishes develop participatory structures for effective community building and developing vision/mission statements and teams. She is experienced in retreats, Eastern spirituality, spiritual direction, is 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.) Fee: Sliding scale

Jan Cloninger

E-mail: jan@time-to-reflect.com

Jan has developed and run two successful service businesses with her husband, Steve. Over 20 years ago, Jan began questioning the quality of the life she was living and returned to school, completing a graduate program where she studied the components and development of the human spirit. What she discovered was that during the busyness of living life, it's easy to lose touch with those things that are truly most important to us, but by utilizing some simple tools and principles, we can change the quality of our experience. Since then Jan has coached individuals, small businesses, religious institutions and non-profits using the skills she has developed. In 2009, Jan became the Founding Director of [A Place To Turn To](#), a non-profit that supports families throughout the parenting process. A Place To Turn To provides opportunities for parents to question, learn, explore, and integrate what's most important to them into everyday life. Jan is experienced in providing spiritual direction to people of different faith and non-faith traditions.

Devoree Crist

Phone: 314-962-1031

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Website: spiritualdirectioninwg.net

I am a child of God raised in the Catholic tradition and serving at this time in the Protestant church. I have been doing spiritual direction since my 20s and have formalized my training through Aquinas Institute of Theology, Cert. in SD (2006). I have an MD from Wash U (1980) and a Masters of Theological Studies from Eden Theological seminary (2001). I practiced medicine for 20 years before answering the call to ministry. My practice is very diverse, open to anyone who seeks a closer relationship with God. I have many years of experience working with youth and young adults. I am married and have two adult children. I believe God comes to people as they are and loves them unconditionally. My fee is \$50/hour, though I do have a sliding scale if there is need.

Renée Dewhurst, DHM, MA, BCC

Phone: 314-494-2434

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

Meeting location zip code: 63109

Denomination: Catholic

Vocation: Religious Sister – Daughters of the Heart of Mary (DHM) • Spiritual Interests and Perspective: On the discernment journey – and on the journey towards intimacy with God and one's inmost self - Renée values the cultivation of one's compassionate presence as a healing and integrative approach to the parts of one's inner life, as well as to life events and circumstances. Renée values interreligious 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. Renée is a hospital staff chaplain. Open to new directees. Fee negotiable.

Michael Durbin

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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 graduate of Aquinas Institute of Theology, Master of Arts in Pastoral Studies and a Certificate in Spiritual Direction. Student appointments are welcomed. I generally meet for spiritual direction at St. Paul Rectory, 1412 Ninth Street, Highland, IL 66249, between 4:30 PM and 7:00 PM, Monday through Friday.

Steve Givens

Email: givenscreative@gmail.com

Webpage: www.givenscreative.com

Steve is a married Catholic 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 has a flexible fee scale, especially for students, and is generally available early evenings or Saturdays.

Elizabeth Ann Good

Phone: 618.340.3944.

E-mail: egood3@slu.edu

Elizabeth is a Catholic, US Army veteran, and certified spiritual director. Having been on my own spiritual journey, I am humbled to companion with others on their journey. As a spiritual director, my role is to be a loving, listening presence in search of the movements of the Holy Spirit within your life. Whether you are seeking: a more intimate...deeper...personal relationship with God; a deeper prayer life; a meaning or purpose to your life; to find God; or to live the healthy, happy flourishing life that God intends for you; this is a journey from the mind to the heart. It is my hope to walk alongside you as the spiritual writer, Henri Nouwen said, in finding the "way of the heart." I am currently a graduate student pursuing dual degree masters programs in Pastoral Studies (Aquinas Institute of Theology) and Social Work with certification in Veterans Health (SLU) so am available to meet with you on either campus. Feel free to contact me either by phone or email/text. No fee.

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 25 yrs.(for friends and family of alcoholics) interested in Eastern/Buddhist spirituality. Have done Spiritual Direction since 2001. See people in my home in Kirkwood. Sliding scale \$1 - \$50/hour.

Christy Hicks

Phone: 314-977-1525

Email: hickscm@slu.edu

Christy is a Campus Minister at Saint Louis University. She has been ministering to young people for over ten years primarily in the field of Campus Ministry. Christy completed her spiritual direction certificate at the Aquinas Institute of Theology and her MA in Pastoral Ministry from the University of Dayton. She is open to all who are interested in exploring their own faith journey and sees every path as unique to the person. Several years ago 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.

Marian Love

Phone: 314-496-6157

E-mail: love@ai.edu

Marian is a married woman with two grown children. MA in Pastoral Studies from Aquinas Institute. Background in Ignatian spirituality and the Spiritual Exercises. Retreat and spiritual director for 15+ years. Open to new directees.

Josephine Ludwig, RPh, MA, MA, LPC

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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 located at Creve Coeur Counseling. 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. I am accepting new clients. Address: 10176 Corporate Square Drive, SUITE 100 S St. Louis, MO 63132.

Jane McKinney

Phone: (Home) 618-656-3770; (Cell) 618-978-9608

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I am a wife of 46 years, a mother of 2 grown sons, and a grandmother. I am a member of ESIC Cooperative Baptist Church. 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 the guidance we seek when we search for and examine the wisdom within we have often not unearthed. I provide compassionate listening and companioning to seekers.

Joan Moorhem, SSND

Phone: 314-845-2771

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Joan has spent many years working with adults at important times of their lives. For 18 years she was a college/university instructor in Japan. 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 companioning: walking and talking with another to uncover the movement of God's Spirit in each of our lives. Spiritual companioning available at my home or on campus. Suggested stipend: \$25 - \$40

Sr. Carol Orf, CPPS

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Located in South St. Louis (Grand and Utah), Carol is a Sister of the Most Precious Blood in her early 70's who has worked in formation for the past six years. She is a good listener and feels honored to tend the holy in herself and in another. She received her training at an Internship in the Art of Spiritual Direction at Mercy Center in Burlingame, CA.

Katie Rademacher

Phone: 314-724-2081

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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. Meeting space is at Aquinas Institute and fee is negotiable.

Jack Shannon

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I am a 83-year-old retired teacher and deacon, I have served as a companion to those making the Spiritual Exercises retreat since 1994. I have been through a divorce, annulment, and a second marriage to Ruth Ann, a member of the Missouri Synod Lutheran Church and mother of three children. Father of my own three children, I spend retirement visiting our nine grandchildren and two great-grandchildren. After retiring from teaching at St. Louis University High in 1996, I earned a certificate in spiritual direction in 1998 and an MA in Christian Spirituality from Creighton University in 1999. I have been a square dancer for thirty years. Jesus meets us where we are...and wherever that is...is all right It is a privilege to accompany men and women who seek a deeper relationship with God. As a deacon, I do not charge for spiritual direction and meet clients at Holy Spirit Parish in Maryland Heights.

Annette L. Sherwood

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The focus of my work is Spiritual Direction for individuals, in groups, or on retreats. I am a companion, helping people grow in their relationship with God. I have a Certificate in Spiritual Direction from Aquinas Institute of Theology, May 2005 and am a former Art Teacher. BA in Art from Webster University, May 1985. I meet with students at the Maria Center (336 East Ripa Ave, St. Louis, MO 63125)

John Shaughnessy

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A Roman Catholic married layman, a parent and a grandparent; a retired educator, having served as a teacher in secondary schooling and college as well as having been a school district administrator for many years; have served on private Catholic schools boards of directors; active in parish ministries. A SLU graduate, with advanced degrees from Washington University and Teachers College, Columbia University. Certification in spiritual direction from Aquinas Institute of Theology; experienced as a prayer companion in the Bridges Program offering the Spiritual Exercises in everyday life; a prayer companion in the Weeks and Months of Prayer retreats; a spiritual reflector with the Ignatian Volunteer Corps . I value spiritual direction as a way to assist those searching to integrate spirituality with everyday life and work. I offer direction in the Chesterfield/West County area.

Mary Taylor

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Email: mzt3522@gmail.com

Episcopal lay woman interested in contemplative approach to spiritual direction and listening deeply to your life's path and exploring where God may be leading you. As a spiritual guide, I am joining a conversation already going on between you and God. Currently meet with young adults, professionals, clergy, others, and in Group Spiritual Direction. Experience with social justice ministries, 12 step programs, child abuse. Lay Chaplain for hospice patients and incarcerated youth. Contemplative Prayer Group leader. Recovering attorney. Certificate in Spiritual Direction from Shalem Institute for Spiritual Formation, Washington, D.C. Meeting Locations: Emmanuel Episcopal Church, Webster Groves and Mercy Retreat Center, Frontenac.