

SPIRITUAL DIRECTORS (9/8/16)

*The following is a list of Spiritual Directors who may have openings in their practice.
They are listed in alphabetical order.*

Directors who participate in the student health benefit plan:

Ms. Patricia Barnett, *Spiritual Direction*

P.O. Box 200
Rocky Hill, NJ 08553
609.937.4667
pbarnett50@gmail.com

Denomination: Episcopalian
On campus or in own office
(10 minute drive, 25 minute walk)

Rev. Laura Craig *Spiritual Director*

291 Witherspoon Street
Princeton, NJ 08542
908.281.6776
revlaura.gfm@gmail.com

Denomination: Interspiritual/Interfaith
On campus or in own office
(5 minute drive, 20 minute walk)

Ms. Patricia Deeney, *Spiritual Director*

114 Glenview Drive
Lawrenceville, NJ 08648
609.396.9352
pjdeeney@hotmail.com

Denomination: Presbyterian
On campus or in own office
(15 minute drive)

Ms. Karla Droste, *Spiritual Director*

1555 Applewood Circle
Yardley, PA 19067
510.590.2963
karlad123@sbcglobal.net

Denomination: Episcopal
On campus
www.spiritualdirectorkarla.com

Rev. Dr. Howard Friend, *Spiritual Director*

1275 Rose Lane
Berwyn, PA 19312
610.647.4142 (home and office)
484.883.2854 (cell)
hfriender@prodigy.net

Denomination: Presbyterian
On campus

Ms. Janet Haag, *Executive Director of NAMI Mercer*

3371 U.S. 1,
Lawrenceville, NJ 08648
215.585.8087 (cell)
Haag334@aol.com

Denomination: Roman Catholic
On campus

Ms. Mary Lou Hatcher, *Spiritual Director*

925 Prospect Ave
Bethlehem, PA 18018
484.894.5062
Mlhatcher55@hotmail.com

Denomination: Religious Society of Friends (Quaker)
On campus

<p>Ms. B.J. Katen-Narvell, <i>Spiritual Director</i> 242 Prospect Avenue Princeton, NJ 08540 609.921.8948 katen.narvell@gmail.com</p>	<p>Denomination: Presbyterian On campus – Mon. - Thur. (during the day)</p>
<p>The Rev. Lisa Lancaster, <i>Spiritual Director</i> 319 Stagecoach Road Clarksburg, NJ 08510 (Near “Great Adventure”) 732. 431.0736 (home) 732.861.1776 (cell, texting only) revnjoisy@gmail.com</p>	<p>Denomination: Presbyterian On campus or in own office (40 minute drive)</p>
<p>The Rev. Anne Lange, <i>Spiritual Director</i> 201 Loetscher Place, #217 Princeton, NJ 08540 719.650.2376 annereedlange@gmail.com</p>	<p>Denomination: Presbyterian On campus</p>
<p>The Rev. Dr. Terry Thomas Primer, <i>Chaplain, Monroe Village Retirement Community</i> 21 Elm Street Hopewell, NJ 08525 609.649.2029 Terry.Thomas.Primer@gmail.com</p>	<p>Denomination: Baptist/UCC Affiliations On campus - Wednesdays</p>
<p>Ms. Deanna Sass, LAC, NCC, <i>Spiritual Director</i> 20 Nassau Street Suite #226 Princeton, NJ 08542 609.213.6975 (cell) JourneyWithYou@aol.com</p>	<p>Denomination: Roman Catholic-(Ministers to persons of all Christian Denominations) In office Monday and Tuesday evenings, 5:00-9:00 (5 minute walk)</p>
<p>The Rev. Ann Schoonover, <i>Spiritual Director</i> 20 Nassau Street Suite #226 Princeton, NJ 08542 610.220.9763 schoonbrwn@aol.com</p>	<p>Denomination: Presbyterian On campus In office – available Tuesday’s by request (5 minute walk)</p>
<p>The Rev. Dale Selover, <i>Spiritual Director</i> 4 Darvel Drive Princeton Junction, NJ 08550 609.785.5366 (home) 908.797.7336 (cell) dale.graceministries@gmail.com</p>	<p>Denomination: Lutheran On campus or in own office (20 minute drive)</p>
<p>Ms. Heather Swanson, <i>Spiritual Director</i> 1004 S. Farragut Terrace Philadelphia, PA 19143 267.584.7538 heatherjswanson510@gmail.com</p>	<p>Denomination: Presbyterian On campus or in own office (Bryn Mawr & West Philadelphia) (60 minute drive)</p>

Ms. Anne Walsh, *Jungian Therapist*
1 Southern Way
Princeton NJ 08540
609.924.8659
anneb.walsh@verizon.net

Denomination: Interfaith
In office
(10 minute drive)

Rev. Margo Walter, *Spiritual Director*
543 Park Street
Montclair, NJ 07043
973.479.5756
margowalter@comcast.net

Denomination: Presbyterian
On campus - Tuesdays

Ms. Ruth Workman, *Spiritual Director*
Sanctuary Retreats
1981 Berrel Court
Yardley, PA 19067
215.702.7041
ruthworkman@prodigy.net

Denomination: Presbyterian
On campus or in own office
(25 minute drive)

Directors who do NOT participate in Student Health Benefit Plan

The Rev. Andrew T. Barton, *Pastor of First Presbyterian Church, Hamilton Square*
3550 Nottingham Way
Hamilton Square, NJ 08690
609.587.3683
andrewtaylorbarton@gmail.com

Denomination: Presbyterian
On campus
Offers individual spiritual direction and facilitates
group spiritual direction

The Rev. Dr. Richard Herman, *Associate Pastor, First Presbyterian Church, Moorestown*
101 Bridgeboro Road
Moorestown, NJ 08057
856.235.1688 ext. 114 (work)
609.670.2763 (cell)
dherman@fpcmoorestown.org

Denomination: Presbyterian
On campus – Third Monday each month
Additional Times possible in Moorestown
Donation accepted but no fee

Ms. Ann Quinn, *Spiritual Director*
280 Holcombe Way
Lambertville, NJ 08530
908.285.1403
ann-spirit@live.com

Denomination: Episcopal
In own office - Flexible schedule
(25 minute drive)

BRIEF BIOS OF SPIRITUAL DIRECTORS

Andrew Barton is pastor of First Presbyterian Church of Hamilton Square, NJ. He has 36 years of experience in the pastorate. He is certified as a Spiritual Guide by Oasis Ministries and has also studied at the Shalem Institute for Spiritual Formation. Leading contemplative prayer groups and retreats is another area of interest.

Andrew says: "I seek first to be in tune with God in my own life...in meeting with a person, I aim to create an atmosphere of hospitality in a safe and quiet space...I am prayerful...seeking to be attentive to the movement of God in his or her life."

Patricia Barnett is a spiritual director in Princeton, NJ who has a certificate in individual direction from the Haden Institute, Flat Rock, NC. Pat is a registered nurse and she has a law degree. She is a Reiki Master and she also is a member of the Shelter Animal Reiki Association and active in a local shelter. Pat is a member of the Vestry of All Saints Episcopal Church, Princeton, where she offers Reiki and Spiritual Direction and runs a contemplative prayer group.

A spiritual director doesn't 'direct' anything; he/she is a companion, a guide. Spiritual Direction has also been called 'Holy Listening' by Margaret Gunther, a term more accurate than direction. The director's role is to help the directee who has expressed an interest in becoming closer to God by creating a safe 'container' for exploring what that means for that individual. Pat first learned of spiritual direction when she heard Gerald May talk at a Fellowship in Prayer Conference in Princeton in 2002. He spoke of working with a "companion on the road" for many years as they explored how to build a deeper, closer relationship with God. What struck Pat was this is not formal study of text or a top down relationship where the directee is a vessel that knowledge is being poured into. It is also not counseling or psychotherapy. It is an open and honest discussion of the challenges of being human and discerning where God is in our daily life right now, not at arms' length. It is also being honest with ourselves about our struggles, triumphs, and failures.

Laura Craig is an ordained Interspiritual/Interfaith minister whose private practice includes spiritual direction, retreats, talks and ceremonies. She is a Reiki practitioner and a student of Non-Violent Communication. Currently involved in prison ministry, she previously ministered to adults recovering from divorce. Formed in Catholicism, Laura's spiritual path now embraces all faith traditions. She is well-versed in "A Course in Miracles" and she is thrilled about the new Cosmology of the Universe. Laura graduated from One Spirit Interfaith Seminary and was certified in spiritual direction through Oasis Ministries. She has an MS from Rutgers University and a BS from Fordham University, both in the natural sciences. Her website is groundsforministry.com

Spiritual Direction is a sacred meeting place and a walking together where two people intentionally and contemplatively place themselves in the midst of the Divine. It is a safe harbor where one's soul can moor and rest, challenge and question, be nourished and accepted. Every human experience is a portal into the Holy. As Elizabeth Barrett Browning poetically described, "Earth's crammed with heaven, and every common bush aflame with God."

Patricia Deeney is a certified spiritual director through Oasis Ministries. She has a Master of Arts degree in Holistic Spirituality from Chestnut Hill College and a Master of Science in engineering from Rutgers University. She is a Reiki Master and a member of Associated Bodywork and Massage Professionals. A PCUSA ordained elder and member of Westminster Presbyterian Church in Trenton and Middle Collegiate Church in New York City, Pat lives with her husband in Lawrenceville. She has provided

individual and group direction within diverse communities of faith, and has led retreats and workshops over the past two decades.

Spiritual Direction is a spiritual practice which provides a sacred space for deep listening and reflection. It is an opportunity to explore your relationship with the Divine in the presence of a non-judgmental, compassionate fellow traveler and the Holy Spirit. Pat values a broad range of spiritual teachers, including the mystics and those who reassure direct experience of the Divine. She is receptive to interspiritual exploration and interfaith dialogue.

Karla Droste is a spiritual director in Yardley, Pa. who has certificates in individual and group direction from the Mercy Center in Burlingame, CA. She is especially interested in vocational discernment, transition and clergy/partner relationships, and provides direction for individuals, couples and groups. The wife of an Episcopal priest, she has lived up close and personal with the unique challenges, ambiguities and demands of clergy life. Karla recently moved here from Oakland, CA, where she worked as an administrator in a hospital spiritual care department and provided spiritual direction for chaplains in the Clinical Pastoral Education program.

Karla believes that a loving God is tangibly present in every human experience and that spiritual direction can help us name and give voice to our experiences with God. She employs many different languages and tools to explore the inner landscape, including the Enneagram, Myers-Briggs, mindfulness, and spiritual gifts discernment. She believes that the focus of spiritual direction is to deepen our relationship with God and ourselves. “We learn to discern God’s voice from the myriad of other voices demanding our attention. We listen closely, discovering the thread of the Spirit in our everyday experiences.”

Howard Friend first served the Montauk Community Church on Long Island, where he was recognized as the “village chaplain” – to fishermen and surfers, year-rounders and summer visitors, churched and unchurched. He was pastor for 23 years at the Gladwyne Presbyterian Church, his pastoral experience and leadership spawning his two books and many articles. He is founder and lead consultant of the Parish Empowerment Network through which he has worked in depth with over 150 congregations, judicatories and non-profits over three decades. He is president of Karitas Foundation with a major mission presence in Mexico and Haiti and has led immersion journeys to Mexico, Haiti, India and Nicaragua. He calls himself a contemplative activist. He has his M. Div. from PTS and D. Min. from Palmer Seminary, where he taught in the D. Min. program for 25 years. He is a credentialed marriage and family therapist and a pastoral psychotherapist. Howard encourages personal, relational and corporate discernment, often in the style of the Quaker “clearness committee.” Finally, he is convinced that, biblically and spiritually, spiritual deepening and social action are inextricably entwined.

Spiritual companionship (direction, guidance, mentoring by whatever name) is an intentional yet patient and receptive journeying together. Believing that we are by birthright beloved of God, in-filled with the divine breath, held in everlasting arms, safe in the hollow of God’s hand, spiritual companionship awakens us ever more deeply to what already is. Believing that God calls and gifts us to faithful, gracious and purposeful living, spiritual companionship seeks discernment, guidance and empowerment to know and make manifest that calling and those gifts. Spiritual companionship welcomes a sacredness and time of place, secure and safe, where deep listening, loving-kindness and compassion, heart connection and soul-knitting thrive.

Janet Haag is the Executive Director of NAMI Mercer, an affiliate of the National Alliance on Mental Illness, providing education and support for individuals and families affected by mental illness, and advocating for lives of quality and respect, without stigma or discrimination. She holds Masters Degrees in both Formative Spirituality and Psychology from Duquesne University and has extensive

experience journeying with men and women discerning the call to religious life and ministry in the Roman Catholic tradition, as well as with others making life transitions. She has been a spiritual director for more than fifteen years, has served as an adjunct faculty member in the religious studies departments of several universities, has been in senior management at a social services agency and provided bereavement counseling through a hospice program. She is married, has two children in college, and she lives in Newtown, PA.

Janet's philosophy of Spiritual Direction is that it is an opportunity to listen more deeply and carefully to the "still, small voice of God within" and to explore ways to become more wholly integrated in one's life. Janet believes the Spiritual Director's role is less about "providing direction" and more about "companioning a person on a journey of discovery." The result is someone more joyfully aware of who they are, the choices they have and the presence of God in their life.

Mary Lou Hatcher has a certificate in Spiritual Direction from Oasis Ministries. She received a BA in Religious Studies from The University of Virginia, and an MA from the Presbyterian School of Christian Education in 1980. She has been practicing with Quakers since 1988 serving her local Meeting in the areas of religious education, pastoral care, and social concerns. She has served the Philadelphia Yearly Meeting judicatory as clerk of the Children's Spiritual Life Committee. She is married and has two step children, two biological children, and a grandchild.

In her own spiritual life Mary Lou practices a contemplative silent worship desiring a clear mind, an open heart, and a humble willingness to respond to God's presence. As a spiritual director/guide she sees herself primarily as a witness to the Spirit's leading in each of our lives and as a support for the many ways we "make space" for that divine work.

Richard Herman is a pastor on the staff of the First Presbyterian Church of Moorestown, NJ with more than 35 years of experience in pastoral ministry. He is certified as a Spiritual Director by Oasis Ministries and earned a Certificate in Spiritual Formation from Columbia Theological Seminary subsequent to completing his D. Min at Fuller Theological Seminary. Dick is married to Lissa and they have a married daughter and two granddaughters, who live nearby. Although a bit of a "gym-rat", he also enjoys taking walks and bird-watching with Lissa, travel in the Celtic lands of the UK, nature photography and playing with his granddaughters and his family's golden retriever.

For Dick, spiritual direction is about being a contemplative companion on a faith journey whose presence encourages listening intentionally for the quiet voice of the Shepherd that calls us each by name, leads us out and sustains us. Direction is the process of paying attention together to the life-giving movement of God's Spirit in a person's life held intimately in God's hands. A director serves as an "anam cara" or "soul friend" who provides a safe place and a safe relationship in which to discover and grow in God's grace and love.

B.J. Katen Narvell practices individual and group direction in Princeton. She holds an AB in Religion from Princeton University, an MBA from the Wharton Graduate Division, University of Pennsylvania, an MA in Christian Spirituality from The General Seminary of the Episcopal Church and is a graduate of the SDSG program of Oasis Ministries. After twelve years in corporate marketing and brand management she retired to focus on family and nonprofit work. Most recently she was Coordinator of the Lily Endowment Sabbath Renewal Program at Princeton Theological Seminary. A ruling elder in the Presbyterian Church, she is married and has three grown daughters.

The infinite compassion of God's love and the power of the Holy Spirit are the foundation of spiritual direction. In spiritual direction we create a sanctuary of space and time apart to be still and attentive to

God's promptings to the directee. The Holy Spirit is the true guide and the spiritual director serves as midwife and supportive companion on the directee's journey.

Lisa Lancaster call to ministry was always a ministry where "I go to them, rather than pastoring a church, where they come to me." My four-year pastorate cemented a call I'd felt since my own crisis of illness in my middler year: a call to hospital chaplaincy. After my year-long chaplain residency at Robert Wood Johnson in New Brunswick, my next call was to CentraState Health Care System, where I was the first chaplain ever. My main focus was care with patients and families at the bedside. Within two years of starting, I began to have field ed students from Princeton, providing what I called "CPE lite." After I became a spiritual director in 2010, I developed a pilot program for the summer students, providing chaplaincy training with spiritual formation, introducing a different way to pray every week, and using verbatim questions such as, "Where was God present for you in this visit?" I retired in February of this year, to further my call to spiritual direction, and retreats and workshops, via a ministry called "Beggars Helping Beggars." I am married to Rich Gudgel, a climate scientist, and we have two four-legged "children."

I felt called to spiritual direction as a seminary student, with no idea there was even such a thing! I started school, full of joy in the Lord, and confident in my call, and my knowledge of Scripture. In my second year, during a faith AND health crisis, a pastor-in-residence checked to see how I was doing. After telling him, I said, "I'm trying to 'rejoice in the Lord,' and 'Give thanks at all times.'" He gently responded, "I don't hear a lot here to be thankful for." In that one sentence, he helped me break through my image of a God who was too small, and too simple. He helped me get in touch with my anger, and desolation. Since this faith- and life-saving conversation, I have been a hospital chaplain, and supervisor of over twenty PTS students. I have helped people (some in severe crisis) name and explore God's guidance and activity in their lives, and helped them explore new ways to pray and draw closer to God, others, and the True Self (from dream work to Praying with Color, to learning their Enneagram type). It is a joy to be invited into such sacred space with others.

Anne Lange is an ordained minister in the Presbyterian Church (U.S.A.) and trained as a spiritual director. She received her Bachelors of Science in Psychology from the University of Evansville in Indiana, Certificate of Spiritual Direction from Denver Seminary in Colorado and a Masters of Arts in Theology and Masters of Divinity from Fuller Theological Seminary. As a Hospital chaplain Anne has served in adult and pediatric psychiatry focusing on grief, loss and trauma. She has served in various chaplaincy roles in Kentucky, Colorado, Indiana and Nairobi, Kenya. Anne has worked with at-risk youth and teen mothers for several years in Colorado Springs and also has deployed nationally with the American Red Cross as part of the Disaster Spiritual Care Team. Anne is board certified with the Association of Professional Chaplains and serves on the National Commission for Board Certification. Anne is also serves as secretary on the board of the Presbytery Pastoral Care Network. She and her husband, PTS student, have two boys. Anne is available to meet in the CRW community as well as on campus for spiritual direction.

Spiritual Direction, for Anne, is about creating and inviting one into sacred space to experience, encounter and explore God, the Divine, in familiar and unfamiliar ways. Anne holds two images of Spiritual Direction: "a midwife to one's soul", and the image of a companioning friend. Her practice is informed by the mystic mothers and fathers, Holy Scriptures, and various forms of prayer and spiritual practices from several religious traditions. Anne draws on art, music, and body movement as other avenues to engage spirituality and spiritual practices.

Terry Thomas Primer serves as the chaplain to the older adults and staff who live and work at Monroe Village, a continuing care retirement community near Cranbury, NJ. She has been a field education

supervisor to many seminary students and is the advisor for the Baptist Student Association on campus. She and her husband have two sons who are in their twenties. Terry has a Bachelor's degree in Psychology from Towson University, a M. Div. from Yale Divinity School, and a D. Min. from Wesley Theological Seminary in Washington, DC. She has worked as a marriage and family counselor, group therapist, campus minister and hospital chaplain. She completed the Oasis Ministry Program in Spiritual Direction in 2000.

For Terry spiritual direction is a covenant relationship. It is an opportunity to have someone hold your heart, listen to your heart's desire, and return you back to the heart of God where strength, peace and service arise.

Ann Quinn is grounded in contemplative, interspiritual wisdom. My intention is to open to Divine Grace, Light, Love.

God, Great Spirit, Divine Mother and Father, Creator, One of all Names, You are the Essence of all that is. You are here, now, everywhere present, throughout the universe(s) in which our beautiful Mother Earth sustains its creatures. Who am I? How might I live fully into this Mystery?

Spiritual Direction / Soul Friendship/ Spiritual Companionship journeys with another as they explore, deepen and enliven their lived relationship within this Divine Mystery. The shared experience of timelessness and deep laughter may often arise in our sacred conversations.

After a thirty year corporate executive career, I graduated in 2001 from the Shalem Institute for Spiritual Formation (and co-led the Philadelphia Area Shalem Personal Spiritual Deeping Program for several years). Spiritual practice has been at the forefront of my life for many

decades --- Twelve Steps, Anglican / Benedictine, Buddhist meditation, cosmology, conscious business and leadership, singing sacred music, being in Nature, and more. Interspiritual describes this radically inclusive path, even as I deeply honor and appreciate those who thrive within one tradition.

Divorced as a young woman, and suddenly widowed in mid-life, I am profoundly blessed with love for a second time with my husband, a retired Episcopal priest. Together we enjoy our five (blended and natural) adult families with nine grandchildren.

God, Great Spirit, Mother and Father, Eternal Love, Light, Compassion, Creator, You are the essence of all that is. You are here, now, everywhere present, throughout the universe in which our beautiful Mother Earth sustains its creatures. Who am I? How do I live fully into this Mystery? Spiritual Direction journeys with another as they explore their relationship with this Mystery.

Deanna V. Sass serves the seminary community as both a licensed counselor/psychotherapist, as a certified pastoral counselor, and as a certified spiritual director (but does not assume multiple roles for the same person). She also works as the Director of Pastoral Care for the (Roman Catholic) Diocese of Trenton. With a varied background in ministry, spanning the fields of religious education, hospital chaplaincy, campus ministry, parish ministry, multicultural ministry, social ministry, and spiritual formation, she enjoys supporting young men and women as they navigate the seminary journey.

Deanna practices a contemplative style of spiritual direction, listening with her directees for the "still small voice" of God whispering in and through the ordinary events of one's day to day life, relationships and prayer.

Ann Schoonover is a graduate of Princeton Seminary and is ordained in the PCUSA. She currently serves as a chaplain, and has worked with many individuals, families and groups during times of discernment, as well as crisis and transition. Her training in spiritual direction is through Oasis Ministries. She finds joy in accompanying others as they encounter their belovedness, worth, purpose, authenticity and hope.

Spiritual Direction involves an intentional setting apart of self, time and space in order to grow into our relationship with God. It is there that we discover again and again our truest selves—God’s beloved. Spiritual direction affords a holy sharing of conversation, silence, stillness and prayer whereby we notice God’s creative work in our lives—and perhaps more fully embrace it. Although spiritual direction does not count as “credit” towards any particular academic achievement, it offers a balance to the intellectual demands and other stressors of seminary life. Awakened spiritually, you will notice the extraordinary amidst your ordinary, everyday life with others. Whether looking for a call, discerning a new ministry, serving a congregation or in a specialized ministry, or simply “being”, you will appreciate God’s spiritual feast, and realize how it feeds your soul.

Dale Selover graduated from Gettysburg College and the Lutheran Theological Seminary at Gettysburg. Her first call of nine years was to Abiding Peace Lutheran Church in Budd Lake, N.J., then she served for ten years as Discipleship Pastor of Zion Lutheran Church in Oldwick, N.J., and is now the pastor at Christ the King Lutheran Church in Kendall Park, N.J. In 2012 Pastor Selover completed a two-year program in spiritual direction and was certified through Oasis Ministries. She has led retreats for congregational women’s groups, councils, families, and Christian Education teams, as well as for the Cross Roads Camp and Retreat Center, an ecumenical Lutheran and Episcopal ministry. Pastor Selover also serves on the Program Committee and Board of Directors for Oasis Ministries in Camp Hill, Pa. What you most need to know about Dale is that she is a Child of God. Many years ago, while on parenting leave, Dale became profoundly aware of her hunger for a deeper relationship with God. She embarked on a seven-year journey of classes and conversation that led to where she is today, serving as a spiritual director and retreat leader in the E.L.C.A. Sensing others’ hunger for a relationship with God, Pastor Selover seeks to connect others to Jesus Christ, to one another, and to the church. She is married to the Reverend Peter Froehlke, pastor of Prince of Peace Lutheran Church in Princeton Junction. They are proud of their teenagers: Sara Grace and Hannah Ruth.

Spiritual Direction or Spiritual Companionship is for those who hunger for a deeper relationship with God. That is how I came to direction. I was hungry. I wanted to “dig a little deeper”. I treasure those times, whether as director or directee, when I can walk with another and together we can discern God’s invitation and experience God’s grace.

Heather Swanson’s life experience inspires her ministry as a spiritual director. She has taught French in a variety of university settings, serves as medical interpreter to French-speaking immigrants, and has studied in France and Switzerland. She has mentored youth and young adults in Presbyterian and Mennonite contexts. Heather is an experienced rock climber and brings an integration of body, mind, and spirit to her practice. She offers spiritual direction at the *Middleton Center for Pastoral Care and Counseling*, a ministry of Bryn Mawr Presbyterian church, and at the *Sisters of the Assumption Convent* in West Philadelphia. Heather’s spiritual direction practice includes work with clergy, questioning millennials, and those seeking God during life crises. Heather holds an MA in Holistic Spirituality and Spiritual Direction from Chestnut Hill College, as well as an MA in French Literature from Temple University.

“What brings you life?” This dynamic question, one which deeply impacted Heather in her experience as a directee, animates her spiritual practice today. God desires life for us. Heather offers spiritual direction in the Ignatian understanding that God’s life runs throughout the whole of our lives. Through the contemplative space that spiritual direction offers, she seeks to facilitate awareness of God’s presence and movement in the concrete experience of a person’s life and to encourage a faithful and free response. This leads a directee to participate in God’s larger work in the world.

Margo Walter is a certified Spiritual Director (Oasis Ministries), who cultivates a perspective that spans from the big picture “forest” (2013 PTS M.Div.) to the detailed “trees” (1981 George Washington University B.S. Civil Engineering). She loves the interfaith and ecumenical world of chaplaincy, and has completed four units of CPE training, specializing in neuroscience and psychiatry (New York City’s Mt. Sinai-Hospital and Summit, NJ’s Overlook Hospital.) A native Alabamian, she has spent 30 years in Montclair, NJ, where she is a Ruling Elder and candidate for ordination in the Presbyterian Church (USA), and a part-time Pastoral Associate specializing in women’s ministry and pastoral care (Grace Presbyterian Church.) She and her husband of 36 years, Frank, have released three adult children into the world.

Spiritual Direction has radically transformed my life. I long to companion those who seek a still, sacred space, which I envision as a snow globe’s churned-up static finally settling into calm and clarity. I long to deeply listen and reflect what I hear to you. I long to offer tools to help you sense God in your life and to grow spiritually.

Ruth Workman is certified as a Spiritual Director and supervisor of spiritual directors. She earned an M.Ed. from Rutgers University and a M.A. in Holistic Spirituality and Spiritual Direction from Chestnut Hill College. Ruth served Presbyterian congregations as a Director of Christian Education and Pastoral Care Associate for 20 years. She is ordained as an elder in the PCUSA and is an Adjunct Professor at PTS. She and her husband have two adult sons and seven grandchildren.

Ruth’s approach to spiritual direction is contemplative: it is a long loving gaze at God. She believes spiritual direction is not really about being “directed,” but rather being companioned and encouraged as you discover your desire for God and God’s desire for you. Spiritual direction helps you to notice God’s presence in all of life, to open more deeply to God’s love, and to know and accept more fully the person you were created to be.