

**Seminary of the Southwest
Spiritual Director List**

Kay Arnold

(512) 288-4047

Email: kayarnold@aol.com

Definition of Spiritual Direction: Walking the spiritual journey with another so that together you both might encounter God at a depth not possible alone.

Preparation for Spiritual Direction:

Jesuit School for Spiritual Growth and Inner Healing (2 years) Jesuit Prayer Ministry School (2 years)

Length of time offering Spiritual Direction: Since 1985

Rev. Sarah Bentley, M. Div., Ph.D.

(512) 402-0405

Email: revsarah46@gmail.com

Definition of Spiritual Direction: A spiritual director is a companion – a listening presence, and a guide who can help bring deeper awareness and meaning to our exploration.

Preparation for Spiritual Direction:

Center for Spiritual Growth and Contemplation -- 2-year training program
Lebh Shomea House of Prayer -- 2-year educational program for clergy

Length of time offering Spiritual Direction: Since 2000

Barbara Budde

St. Austin's Catholic Church 2026 Guadalupe St.

Austin 78705 babudde@earthlink.net

Definition of Spiritual Direction: I take a primarily Ignatian approach

Preparation for Spiritual Direction:

BA, MA in Theology

Formation in Spiritual Direction at Institute for Spiritual Direction, Catholic Diocese of Austin

Time as a spiritual director: Since 1992

Pat Culpepper

(512) 447-8188

Email: pculpepp@yahoo.com

Definition of Spiritual Direction: In answer to God's call to the ministry of spiritual direction, it is my intent to help another seeker of God stay faithful in his/her prayer relationship with God.

Preparation for Spiritual Direction:

Spiritual Direction Internship, Center for Spiritual Growth and the Contemplative Life

Completed 19th Annotation of Spiritual Exercises of St. Ignatius

Master of Arts in Religious Studies, University of the Incarnate Word

Length of time offering Spiritual Direction: Since 1998

Jan Davis

(210) 408-7574

Email: drjandavis@gmail.com

Definition of Spiritual Direction: Spiritual direction is a relationship between two people by which one is enabled through the personal encounter, to discern more clearly the will of God for one's life, and to grow in discipleship and in the life of grace. The Spiritual Director interprets spiritual exercises, identifies problems in the interior life, confirms or challenges moral decisions, and recommends paths of growth in grace.

Preparation for Spiritual Direction:

MA in theology with concentration in spirituality.

D. Min. (Proclamation and Worship), 2005

Spiritual Direction training and internship

Advanced Seminar (2 year program) in the Spiritual Exercises of St. Ignatius of Loyola with certification (2013), The Magis Program: Ignatian Spirituality of San Antonio

Benedictine Oblate (St. Scholastica Monastery, Boerne, TX)

Length of time offering Spiritual Direction: Since 1993

Janet Davis

Email: janetgdavis@gmail.com * Cell/Mobile: (512) 970-9638

Definition of Spiritual Direction: A director is a soul companion sometimes serving as hostess, friend, teacher, or midwife, drawing the soul of the other toward greater awareness, fuller expression, deeper life, and more loving relationship with themselves, God, and others.

Preparation for Spiritual Direction:

Master of Arts in Spiritual Nurture (Western Seminary - Seattle, 1999).

Length of time offering Spiritual Direction: Since 2003

Michael Flahive

St. Austin's Catholic Church 2026 Guadalupe St.
Austin 78705 flahive.michael@gmail.com

Definition of Spiritual Direction: I approach the role of spiritual director primarily as a witness to how the prime director - the Holy Spirit - is at work with a person. It is my role to point out what I am noticing, with follow-on questions about where this might be leading. At times I provide various tools for use in the development and maturation of a person's spiritual disciplines. The goal is the directee's noticing the active presence of God in her/his life world, leading to recognition of what God is accomplishing there, with the hope of commitment by the directee to participation in this work.

Preparation for spiritual direction:

BA in Philosophy; MA in Pastoral (Applied) Theology,
Formation in Spiritual Direction at Institute for Spiritual Direction. Catholic Diocese of Austin
18 years as Director of Adult Faith Formation at St. Austin Catholic Parish

Time as a spiritual director: 22 years

Rebecca Guengerich

(512) 796-0991

Email: Rguengerich@gmail.com

Definition of Spiritual Direction: Gracious and hospitable listening for the movement of Love in one's life.

Preparation for Spiritual Direction:

Master of Arts in Pastoral Ministry in 2008, Seminary of the Southwest, Austin, TX.
Spiritual Direction at Shepherd of the Hills Lutheran Church & Spirit of the Hills Lutheran Church

Length of time offering Spiritual Direction: Since 2006

Leslie Hay

(512) 918-8253

Email: lhay3@sbcglobal.net

Definition of Spiritual Direction: Spiritual Direction is primarily about accompanying others as they attend to God's presence in their lives. The role of the spiritual director is to be a welcoming presence as others listen to God with the "ear of their hearts" and become aware of how God is being revealed in the mystery of their lives. Spiritual direction values discernment as a way of discovering how God is inviting a person into a fuller understanding and realization of his/her

human potential to love, chiefly through prayer, and by reflecting on one's relationship with God, self, others, and all of creation.

Preparation for Spiritual Direction:

Doctor of Ministry in Spiritual Direction

Two-year Spiritual Director's Internship program at the Beach Grove Benedictine Center, Beach Grove, Indiana, in conjunction with Christian Theological Seminary, Indianapolis.

Length of time offering Spiritual Direction: Since 1991

Paula Whitfield Jameson

(512) 261-3325

Email: tmys@austin.rr.com

Definition of Spiritual Direction: Spiritual direction is an avenue to self discovery of God's story for your life. It is a journey rich with insights, surprises, and new vision.

Preparation for Spiritual Direction:

Graduate, Formation IN Direction, (FIND) Episcopal Diocese of Texas, 2002

Graduate, Lay School of Theology, Diocese of Dallas, 1976

Length of time offering Spiritual Direction: Since 2001

Lynda Young Kaffie

Email: lyndayoungkaffie@gmail.com Cell/Mobile: (512) 913-2992

Definition of Spiritual Direction: The holy work of listening to God's presence in the life of another in order to support and guide them in their discernment of God's will.

Preparation for Spiritual Direction:

Master of Arts in Pastoral Ministry, Seminary of the Southwest

Training in the mindfulness practice of the Hakomi Method.

Length of time offering Spiritual Direction: Since 2004

Rachel Lee

rachelylee@gmail.com

Definition of Spiritual Direction: Qualified spiritual director in the Christian tradition are equipped with the skills to offer a ministry of guidance and prayer in a confidential setting of encouragement and compassion. Gifts of listening and discernment are utilized to enable pastors and laity to become the people God created them to be.

Preparation for Spiritual Direction: North Park Seminary:

Alyce Saenz Lottman

Email: alycelottman@yahoo.com Cell/Mobile: (512) 799-7407

Definition of Spiritual Direction: Spiritual direction is a one-to-one trusting relationship between the director (or spiritual companion) and directee (seeker), with the primary relationship being between God and the directee. Spiritual direction, in the context of prayer, contemplative listening, and supportive guidance, assists the directee in discovering the direction of God in the person's life. The spiritual director seeks to assist the individual in developing skills that will allow him/her to respond to that presence in daily life.

Preparation for Spiritual Direction:

School for Spiritual Growth and Inner Healing, Mercy of God Prayer Center, Austin. Episcopal Diocese of Texas Training Program for Spiritual Directors (FIND)

Length of time offering Spiritual Direction: Since 2002

Jane Lowrimore

(512) 358-0426

Email: janelowrimore@gmail.com

Definition of Spiritual Direction: The experience of Spiritual Direction for me is threefold: The Presence of the Holy Spirit; the searching of the directee; the alertness of the Spiritual Director. The Spirit's Presence is the guidance, the comfort, the provision. The openness and desire of the directee is the focus. The acceptance of, and alertness to, both the Spirit and the directee is the focus of the Spiritual Direction. In the experience of the three participants coming together, the directees find they are accompanied on their life's journey and supported along the way.

Preparation for Spiritual Direction:

Certification: The Center for Spiritual Growth and the Contemplative Life, San Antonio; Contemplative Prayer Leader instruction; World Community Christian Mediators; Study with Thomas Keating.

Length of time offering Spiritual Direction: Since: 1999

Mary E. Lucas

Email: chisping@gmail.com Cell/Mobile: (512) 563-6010

Definition of Spiritual Direction: Spiritual Direction is a prayerful ministry in which the Holy Spirit works in and through the director for the benefit of the directee. The work is listening for the movement of that same Spirit in sacred stories shared by directees, and then guiding them toward their own unique understanding of that movement. The Director will invite, challenge and encourage directees to respond to what they come to understand. They also will pray with

and for them and at times guide them in prayer. A good word from Holy Scripture is usually given and spiritual resources can be recommended.

Preparation for Spiritual Direction:

The Center for Spiritual Growth and the Contemplative Life, San Antonio

Length of time offering Spiritual Direction: Since 1999

Terra McDaniel

<https://www.terramcdaniel.com/>

(512) 965 7760

hello@terramcdaniel.com

Definition of Spiritual Direction: I have two perspectives that guide me as a spiritual director. First, I am convinced of the essential value and dignity of every person. In some faith traditions, including some Christian streams, human capacity for sin has somehow become the headline. Pain and brokenness certainly exist inside every person and in the world around us. But it can't be allowed to overshadow our fundamental value and worth. I believe all people are created in God's image and that this is the truest thing about each of us. Second, while life is precious and every moment worth treasuring, growth takes time. It's nonlinear, unfolding over a lifetime. And it isn't merely a mental exercise. Becoming whole and holy involves heart and mind and body; soul and spirit. Honoring all this fosters coming from a place of patience and hope rather than anxiety or fear.

Preparation for Spiritual Direction:

MDiv Spiritual Formation Portland Seminary

Certified Spiritual Director

Member—Austin Spiritual Director's Community

Member—Spiritual Directors International

Length of time offering Spiritual Direction: Since 2015

Laurie Metzler

St. Catherine of Siena Catholic Church

4800 Convict Hill Road

Austin, TX 78749

(512) 892-2527, x. 42

Email: Laurie.Metzler@stcatherine-austin.org

Preparation for Spiritual Direction:

Spiritual Direction Institute – Cenacle, Houston, Texas

Length of time offering Spiritual Direction: Since 1992

Jason Minnix

jasonminnix@gmail.com

Definition of Spiritual Direction: Spiritual direction is unique to each director. My focus is on holding space for another soul and the holy spirit to unfold. The movements of grace and condemnation show up distinctly in each of our journeys. This work is about empowering each person's capacity to discern those different spirits, and lean into the grace at hand.

Preparation for Spiritual Direction:

Master of Art in Spiritual Formation - George Fox Seminary
Certificate in Spiritual Direction - George Fox Seminary

Time as a spiritual director: Since 2004

Mary Patricia Morris, fscc

(512) 869-8761

Email: marypatmorris@yahoo.com

Definition of Spiritual Direction:

Assist individuals on their spiritual journey, raising consciousness, exploring the relationship between cosmic wholeness and personal wholeness by active listening.

Preparation for Spiritual Direction:

Barry College – Miami, FL
Member of Spiritual Directors International

Length of time offering Spiritual Direction: Since 2000

Regina Moser

(512) 814-8107

Email: reginamos@gmail.com or 4listeninghearts@gmail.com

Definition of Spiritual Direction: Spiritual Direction is a prayerful meeting of two or more individuals focusing on the Divine Presence of God in everyday life, who attempt to discern and listen for the Holy Spirit in all aspects of an individual's life. It is ongoing opening to God, listening with the Ear of the Heart.

Preparation for Spiritual Direction:

Pecos Benedictine School for Spiritual Directors Master of Education

Length of time offering Spiritual Direction: Since 2002

Susan Murff

(512) 292-9150

Email: susan.murff@gmail.com

Definition of Spiritual Direction: One who listens compassionately and with the help of the Holy Spirit, helps another to recognize and follow the grace of God in their lives.

Preparation for Spiritual Direction:

Institute for Spiritual Direction – Diocese of Austin

School of Healing Prayer by Francis and Judith MacNutt

Length of time offering Spiritual Direction: Since 1998

Hannah O’Donoghue

(512) 231-9512

Work: Sophia Community

Email: hannahodonoghue@att.net

Definition of Spiritual Direction: Being with another with the intention of listening to God’s action in their lives.

Preparation for Spiritual Direction:

I have received spiritual direction for twenty-five years. I completed a post-graduate program in Theology at Louvain University, Belgium. I received a Certificate in Spiritual Direction from St. Thomas Seminary, Denver, Colorado.

Length of time offering Spiritual Direction: Since 1991

Anne Province

Email: anne@anneprovince.net

Cell/Mobile: (512) 497-2925

Definition of Spiritual Direction: The goal is ever closer intimacy with the sacred mystery we call God. The director listens deeply, to words and silence, and holds space for the directee’s discernment.

Preparation for Spiritual Direction:

MAR in Spirituality, Episcopal Seminary of the Southwest

Shalem Institute Certificate Program in Spiritual Guidance

Length of time offering Spiritual Direction: Since 2001

Sarah Ramos

(512) 475-4455

Email: sramos.austin@gmail.com

Definition of Spiritual Direction: The contemplative practice of accompanying a person or group as they awaken to the spiritual in everyday life and deepen their understanding of God's presence and call.

Preparation for Spiritual Direction:

Completed certificate in spiritual direction at the Institute for Spiritual Direction, Catholic Diocese of Austin; also trained at Lebh Shomea House of Prayer; and have made more than 30 silent retreats.

Length of time offering Spiritual Direction: Since 1990

Helen Marie Raycraft, O.P.

(512) 385-1719

Work: Dominican Missionary Preaching Team

Email: hrcraft@juno.com

Definition of Spiritual Direction: Spiritual direction is a process of listening in a loving contemplative manner to accompany individuals and groups in their relationship to God, to self, to others, and to the world around them.

Preparation for Spiritual Direction: Doctor of Ministry in Spiritual Direction Master of Arts in Counseling

Bilingual (Spanish and English)

Length of time offering Spiritual Direction: Since 1970's

Dorothy M. Ruhl

(512) 462-0977

Email: poet1225@gmail.com

Definition of Spiritual Direction: Praying for and with the directee; walking along side of the directee; listening with them for the leading of the Holy Spirit in that person's life; offering suggestions for reading and prayer styles that may enhance and facilitate that person's walk with the Lord and help them take the next steps in their journey home to God.

Preparation for Spiritual Direction:

Three-year Episcopal Diocese of Texas Training Program for Spiritual Directors
M. Div., Bexley Hall/Colgate Rochester Divinity School/Crozer Theological Seminary

Length of time offering Spiritual Direction: Since 2001

Barbara Schutz

(512) 328-0587

Email: bschutz@sbcglobal.net

Definition of Spiritual Direction: Spiritual direction is a covenanted relationship in which the director puts him/herself aside in order to bring a heightened quality of presence and listening to one who is seeking to discover who he/she is as a unique and beloved child of God. It is the director's great privilege to companion and mentor another through that process with unconditional acceptance, encouragement, empowerment, discernment, challenge, \ accountability, creativity and prayer.

Preparation for Spiritual Direction:

Spiritual Direction Internship, Center for Spiritual Growth and the Contemplative Life, San Antonio

Length of time offering Spiritual Direction: Since 1996

Mary Eleanor Sullivan, C.S.C.

Work: St. Ignatius Martyr Church 2309 Euclid Avenue Austin, TX 78704-5125 (512) 442-3602, x1007

Email: mesullivan@st-ignatius.org

Definition of Spiritual Direction: Spiritual Direction is a way of appreciating and responding to my life's journey in the light of Jesus' friendship and love.

Preparation for Spiritual Direction:

My preparation began and continues with the 6-8 day silent directed retreats which I've experienced annually for the last 55 years. I received initial training for spiritual direction and coordinating retreats by participating in 8 retreats with Jesuit Priests in Los Angeles, California (1991-1995). Concurrently, I participated in the 3-year Institute of Spiritual Direction and Retreats which was sponsored by the Roman Catholic Archdiocese of Los Angeles.

Length of time offering Spiritual Direction: Since 1991

Cheryl Teeter

Email: rcsteeter@juno.com

Cell/Mobile: (512) 217-6422

Definition of Spiritual Direction: A place where you go and share your spiritual life. A place to open up your relationship with God in order to grow in your journey.

Preparation for Spiritual Direction:

Master in Spiritual Formation, Seminary of the Southwest

Length of time offering Spiritual Direction: Since 2015

Missy Tobia

(512) 835-2622

Email: missytobia11@gmail.com

Definition of Spiritual Direction: As God leads each of us to Him, we are given signposts along the way and many invitations to the banquet. In the busyness of modern life it is good to take time in prayer, retreat and spiritual direction to listen to our Beloved. It is a spiritual director's joy to be an intimate witness to the work of the Holy Spirit in a directee's life and to listen with an open heart as we help the directee to hear and respond to the movement of the Spirit in their lives with the encouragement of one who wants only the best for the person before them—our brother and sister seeking the Gracious Mystery.

Preparation for Spiritual Direction:

- 1985-2000 -- 15 years with Ministry to Ministers at Oblate School of Theology, San Antonio, TX
- 1984 – MAS -- Master of Applied Spirituality – University of San Francisco, CA
- 1996 – D.Min -- Doctor of Ministry in Spiritual Direction – Graduate Theological Foundation, Indiana

Length of time offering Spiritual Direction: Since 1985

Barbara Huber Ward

Cell/Mobile: (512) 422-0629

Email: brbrward@aol.com

Definition of Spiritual Direction: A trusted friend and guide who will open up different spiritual paths for the directee and facilitate their progress to help them find their own way. One path is not right for everyone.

Preparation for Spiritual Direction:

Master's in Pastoral Ministry—Spiritual Direction, Episcopal Seminary of the Southwest
Mentor—Education For Ministry, University of the South, 1993
Hospital Chaplaincy Program, St. David's Health Care System

Length of time offering Spiritual Direction: Since 1993

OTHER RESOURCES

Austin Area Spiritual Directors Community (list of directors)

<https://www.spiritualdirectorscommunity.org/>

Seton Cove Spiritual Direction

<http://www.setoncove.net/Services/SpiritualDirection.asp>

Retreat Houses

Lebh Shomea House of Prayer Sarita, TX <http://www.lebhshomea.org/>

Montserrat Jesuit Retreat House Lake Dallas, TX <https://www.montserratretreat.org/>

Jesuit Spirituality Center, Grand Couteau, LA <https://jesuitspiritualitycenter.org/>

Cedarbrake Retreat Center, Belton, TX <http://www.austindiocese.org/cedarbrake>

Still Waters Retreat Center, Austin, TX <http://www.stillwatertexas.org/>

Laity Lodge, Leakey, TX <http://laitylodge.org>

Diocese of Austin's Institute for Spiritual Direction (Roman Catholic, welcoming): contact:

Beverly Collin

beverly-collin@austindiocese.org

Other Sites for Renewal

Austin Zen Center

<http://www.austinzencenter.org/>

Art School at Laguna Gloria

<http://theartschool.amoa.org/>

Black Swan Yoga

<https://blackswanyoga.com/>

Online Resources

Society of St. John the Evangelist (Anglican order based in Cambridge, MA)

<https://www.ssje.org/>

Pray as You Go (Ignatian prayer resources, good podcast and audio resources)

<https://pray-as-you-go.org/>

Mission of St. Clare (Episcopal Daily Office)

<https://www.missionstclare.com/english/>

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