

Episcopal Spiritual Directors
April, 2017

If you are interested in learning more about spiritual direction or receiving spiritual direction, you may contact any of the Episcopal spiritual directors listed below or The Rev. Dr. M. Lorraine Coufal at mcoufal@iuhealth.org or (317) 255-8136.

The Rev. Tanya Beck, Retired Episcopal Priest

North west Indianapolis, IN

(317) 371-3666, tanyavonnegutbeck@gmail.com

Personal definition of spiritual direction/companioning: We are all born “with the spirit within”. Our spiritual essence is the crux of our being. To often the crowded spaces and fast pace of our lives leave us little time or energy to listen and respond to the very voice that can guide and support and find what we are so desperately seeking – meaning and purpose, love and acceptance, celebration of joys and the strength to live our pain and suffering. As a spiritual director I see my role as facilitator of empowerment to people and institutions searching for this ultimate goal that brings hope. My challenge is to be present, to listen carefully, offer reflections and encourage the journey occurring. My work brings to my door all faith orientations and situations where faith is not the operative word. I struggle to try to imitate the work and word of Jesus. I am inspired by many women and men, past and present who have faced this challenge, but mostly by the amazing people who come in my door and trust their lives with me. It is such an honor.

The Rev. Gordon Chastain, Retired Episcopal Priest; Oblate of the Order of Julian of Norwich

North west Indianapolis, IN

(317) 283-5226, glcteh@msn.com

Personal definition of spiritual direction/companioning: The true director is the Holy Spirit working within the directee; however, an ongoing relationship of sharing conversation in spiritual direction clarifies for the directee the directions in which the Holy Spirit is leading.

The Rev. Dr. M. Lorraine Coufal, MA, MPM, M. Div. Episcopal Priest; Hospital Chaplain; Retreat Leader

North central Indianapolis, IN

(H) (317) 255-8136 (O) (317) 944-5797, mcoufal@iuhealth.org

Personal definition of spiritual direction/companioning: Spiritual direction is the prayerful, Spirit-led process wherein a person opens oneself to grow to a deeper relationship with God by sharing dreams, thoughts, feelings, etc. with a director/companion. Regular meetings help the individual get a deeper perspective of how God is lovingly present and active in one's life. As spiritual director, I may use the individual's dreams to facilitate this process. By actively listening and asking clarifying questions, with the guidance of the Holy Spirit, I assist the individual to find strength and hope through an awareness of the Spirit's presence and action in the joys and struggles in the individual's daily experiences. Also available for retreats/workshops, phone sessions and group spiritual direction.

Dan C. Hoffman, Member of Community of the Gospel, a non-residential monastic community recognized by the Episcopal Church

Near downtown Indianapolis, IN

(H) 317-972-8707, danhoffma@gmail.com

Personal definition of spiritual direction/companioning: In totally contained, confidential and safe spiritual direction, the directee and I are drawn to God's presence and promptings in the directee's life. The Holy Spirit provides guidance as the largest and smallest life experiences are shared as sacred stories in a contemplative setting bracketed by silence and prayer.

Kim Johnson, Spiritual Director

Downtown Indianapolis, IN (H) 317) 602-8392, (cell) (317) 690-0521, kojohnson85@gmail.com

Personal definition of/approach to spiritual direction/companioning.

Spiritual direction is a three-way relationship between the Holy Spirit, the directee, and the director. Coming together in an inviting, safe, and sacred space, it is a dedicated time to step away from our busy world and focus on our understanding of God. The spiritual director is a companion, a fellow traveler, someone to accompany and offer support along with journey. Led and encouraged by the Holy Spirit, through prayer, attentive listening, clarifying questions, and spiritual exercises, each directee is aided in understanding their special relationship with our Creator, strengthening their faith and exploring the many ways God is present in their everyday life. The practice of spiritual direction is a wonderful spiritual practice that can assist us to become the individual God created us to be.

The Rev. Linda C. Johnson, Episcopal Priest, University Chaplain,
Bloomington, IN

(H) (812) 334-7971 (W) (812)-361-7954, ljohnso@indiana.edu

Personal definition of spiritual direction/companioning: Spiritual direction is a process of discerning God's call to us and then reflecting upon this call to discover how it is manifested in all dimensions of our lives – religious, spiritual, social, economic, political, psychological and sexual.

The Rev. Susan A. McBeath, L.C.S.W., Retired Episcopal Deacon,
Carmel, IN (317) 445-2396, revsusan12@gmail.com

Personal definition of spiritual direction/companioning: Spiritual direction is a holy relationship between the director, the directee and the Holy Spirit. Through the companioning process we learn to listen and discern that which God wishes for all aspects of our lives. As our awareness of the Holy grows, God's revelation of self and God's unutterable love grows. I feel a special privilege to be invited into another's life and their relationship with God.

Larry Rider, Ph.D., Benedictine Oblate, Retired Child Psychologist
Noblesville, IN (317) 776-5099, riderlarry@sbcglobal.net

Personal definition of spiritual direction/companioning: When we become humble in spirit and calm of mind, we can become aware of the direction God provides in our lives. Being open to, and responding to, God is the basis of our spiritual journey. As with any journey, it is best to travel with a companion, a spiritual friend.

The Rev. Cathy Scott, MTS, ACSW, LCSW, Episcopal Deacon,
Clinical Social Worker, counselor, Retreat Leader, Certificate in
Spiritual Direction from St. Meinrad School of Theology.

North east Indianapolis, IN.

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Personal definition of spiritual direction/companioning: Spiritual direction is a sacred relationship between the director and the directee, guided by the Holy Spirit and enveloped in prayer. My assumption is that God walks with us on our journey and spiritual direction helps us open our eyes and hearts to the Sacred in our lives, our relationships, our challenges, joys and hopes.

The Rev. Mollie A. Williams, Retired Episcopal Priest, Family Systems Therapist, Retired Social Worker.

North east Indianapolis, IN

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Personal definition of spiritual direction/companioning: I believe that the spiritual life is about all of life – not just about prayer. I assume that the person who is seeking spiritual companionship is already on a journey with God and is looking for some company, support and reflection on that journey. I assume that God likes fun and that Spiritual Companionship is supposed to be fun! I am fundamentally Franciscan in my orientation toward life and community.