

RECOMMENDED SPIRITUAL DIRECTORS (as of 2023)

Vera Alston is an experienced Spiritual Director received her training from the Faithful Companion of Jesus and offers both in person and online direction. She is a convert to Catholicism, has facilitated a Centering prayer group for 20 years, and has studied and practices Lectio Divina.

She was a member of Triangle Contemplative Outreach and facilitated Quarterly mornings of prayer and worked as a member of the leadership team that sponsored yearly silent retreats. She has a commitment to the spiritual journey and compassion for others. She believes Spiritual Direction is an opportunity for both the director and directee to explore and deepen their relationship with God.

Vera spent several years working as a paralegal and later was employed by Durham County Government. She retired in 2012 after twenty-five years of service. She is married and has two adult children and one grandson.

Jeff Capwell was trained in direction through Fairfield University's spiritual direction formation program. In addition to sitting with directees, he helps lead group retreats, prayer sessions and faith sharing gatherings and programs on Ignatian Spirituality. He was drawn to serve as a director after making the Spiritual Exercises of St. Ignatius Loyola. Seeking a deeper and more active relationship with God and the world, Jeff transitioned from a nearly 30-year career in the law to become a middle school teacher. Currently, Jeff teaches English Language Arts in a public middle school in South Carolina. He is a graduate of Dartmouth College, Syracuse University College of Law and the UNC Charlotte College of Education. He and his wife are the parents of two adult children.

Karen Cote serves as a spiritual director/companion for individuals and groups seeking a deeper connection with God by practicing compassionate listening and focused curiosity. Her study of the Enneagram also provides a lens for noticing and awakening to the transformative grace at work in the lives of those she accompanies on this path of discovery. Karen received certification as a Spiritual Director from Southern Methodist University's Perkins School of Theology. She holds a Master of Theological Studies degree from Lexington Theological Seminary and is a graduate of the Center for Action and Contemplation's Living School under the leadership of Richard Rohr. Karen enjoys leading workshops that focus on contemplative prayer practices such as Centering Prayer, Lectio Divina and Visio Divina. She has a heart for contemplative living and practices justice seeking by serving as co-chair of the Racial Healing and Justice Ministry of the Episcopal Church, Diocese of Georgia. Grounded in the Christian mystical tradition, her ministry is open and affirming to all persons seeking deeper connections with self, God, and others.

Eileen Crusan has been serving as an experienced spiritual director since 2007. She completed a four-year formation program in spiritual direction, graduating from Villa Maria Education/Spirituality Center. In serving as a spiritual director, Eileen most enjoys working with individuals who genuinely want to explore, deepen and enhance their own spirituality and experience of God. In 2012, Eileen completed her supervisory training, graduating from the *Together in the Mystery Program*, a supervisory training program affiliated with San Francisco Theological Seminary. In supervision, she enjoys working with students and directors who aren't afraid of making mistakes, but rather want to learn from them. She is energized by those who seek opportunities for ongoing formation through supervision and who want to enhance their skill sets and ensure they utilize ethical practices as they serve in the ministry of spiritual direction. Eileen serves as a faculty member with the World on Fire Spiritual Direction Formation Program, a four-year formation program for those who sense a call to serve in the ministry of spiritual direction. She has also served as an instructor in the *Together in the Mystery* supervisory program. In 2012, Eileen founded Holy Ground of the Carolinas, where she offers spiritual direction, supervision and the Spiritual Exercises of St. Ignatius. She is grounded and trained in Ignatian spirituality and delights in offering the experience of the Spiritual Exercises to individuals or groups. She offers spiritual direction, supervision and the Spiritual Exercises to individuals virtually or by phone. She also offers group supervision in virtual format. Eileen is a member of the Emmaus Center for Spirituality in Charlotte, NC and a member of Spiritual Directors International, a professional organization for spiritual directors.

Deborah Delano has joyfully served in the ministry of spiritual direction for 15 years. She received her formation as a spiritual director at the Villa Maria Education and Spirituality Center and completed her supervisory formation through the *Together in the Mystery* program. Deborah served for ten years as a faculty member for the four-year Fairfield University Spiritual Direction Formation Program, is a current faculty member with the World on Fire Spiritual Direction Formation Program and is a founding member of the Emmaus Center for Spirituality in Charlotte, NC. Deborah was first drawn to the ministry of spiritual direction through her own experience of the Spiritual Exercises of St. Ignatius, and she continues to find Ignatian spirituality a wellspring of joy and blessing. She worked for over thirty years in the corporate world where she learned first-hand to "find God in all things." Deborah is an enthusiastic student and teacher of the Enneagram, a powerful tool for deepening self-awareness on the spiritual journey. She loves to explore the many dimensions of spirituality using Jungian and depth psychology, poetry, literature, and art.

Lori Eichel received her certification in spiritual direction with an Ignatian focus through a four-year program with Fairfield University. Additionally, she also received training to lead the *Spiritual Exercises* of St. Ignatius of Loyola, group spiritual direction, and silent guided retreats through the West Virginia Institute of Spirituality. Lori is open to working with people from all

faith traditions, and she feels called to companion people who are longing for 'something more' in life. Her interests drew her to study in the spiritual wisdom of the Enneagram and Dreams as messages from God. She will meet directees both in person and virtually with Zoom and FaceTime.

Lori is married and the mother of three adult children; she is also grandmother to four grandchildren. She has a BA in Anthropology from the University of Florida and a Masters of Product Design in Textiles from North Carolina State University. A parishioner at UNC Newman Catholic Community, Lori is affiliated with the following ministries in North Carolina: Spiritual Direction Ministry of St. Thomas More and UNC Newman Catholic Communities in Chapel Hill, Emmaus Center for Spirituality in Charlotte, and The North Carolina Institute for Spiritual Direction and Formation.

Jill Ewell spent over twenty-five years working in the medical field before she felt called to the ministry of presence to others. She pursued training in the Art of Pastoral Care (Arlington, VA), Spiritual Companionship (Washington National Cathedral), and a two-year program in Spiritual Direction from the Haden Institute (Asheville, NC).

Jill's work has included offering congregational pastoral care and serving as a hospital chaplain. She has also participated in Clinical Pastoral Education in a retirement facility and in a hospital setting. Jill is an Elder in the Presbyterian Church, USA, and is currently a chaplain at Coastal Crisis Chaplaincy in Charleston,

South Carolina. Most of her companionship has been with individuals and families who are experiencing a crisis or a life transition. She is also an experienced retreat leader, classroom instructor, and small group facilitator.

Jill recognizes that it is always the "Divine" or "Holy One" that is the true director. She believes her role is to companion others along the way to their self-discovery of that divinity in their life, to hold a safe space for them to tell their stories as a way to help them connect with the Divine, and to help them see what may be stirring spiritually. She celebrates diversity and companions individuals of any or no faith tradition.

Raymond Horn was led to this sacred ministry of holy listening, and deep knowing that "everything belongs" through his life-long journey. A blending of his love for God, self and others serves him as the place of perpetual new beginnings. Pursuing God from an early age, he grew to understand that it was always God pursuing him, us. Having been offered this gift of a place to rest in the Divine, he felt led to share it with others.

Raymond serves as a spiritual and retreat director formed in the Ignatian tradition. He lived the 30-day Ignatian Exercises at Eastern Point in Gloucester, MA in 2007; Raymond also lived with the Monks at Mepkin Abbey in their Monastic Guest Program in the fall of 2019. Trained at the Mercy Center in Madison, CT, he attended their School of Spirituality and Practicum for

Spiritual Direction where he was certified in 2006. He is a member of Spiritual Directors International and received a BA in Communications from Pace University in 1982. Raymond is an active member of the St. Vincent de Paul Society, the National Alliance on Mental Illness (where he serves as a facilitator and trainer), and the Lay Associate Community with The Passionists.

Raymond and his wife Susan have two adult sons and three grandchildren. They moved from Connecticut to South Carolina in 2012 where they care for their parents and their four-legged canine, Tilly. They are members of St. Gregory the Great parish in Bluffton, SC.

Raymond is available to meet on-line using Zoom or FaceTime. He also meets with individuals at Mepkin Abbey as well as at his home office. He works with men and women of various faith traditions and is a Christian formed in the Catholic tradition.

Rev. Dr. Amy Jennings is a member of Spiritual Directors International and has been involved with spiritual direction for many years. She has a Master of Divinity degree in Pastoral Care and Counseling from The Southern Baptist Theological Seminary. For the past seventeen years Amy has taught in both religion and psychology departments on college campuses. In 2019 Amy completed her Doctor of Ministry degree in Christian Spirituality from McAfee School of Theology at Mercer University. Her thesis focused on teaching college women how to pray Scripture (*Lectio Divina*) to help them manage their negative reactions to stress. Amy has completed two training programs in spiritual direction. Her first training was the Mentorship Program for Spiritual Direction at *Stillpoint* in Nashville, Tennessee. In 2014 Amy received a certificate in spiritual direction from The Haden Institute at Kanuga Conference Center in Hendersonville, North Carolina. She resonates with The Haden Institute's psycho-social approach of integrating Carl Jung's concepts with the mystical and Christian traditions. Amy leads an ecumenical contemplative prayer group in her area and uses Christian contemplative practices, psychological assessment tools like the Enneagram and Myers-Briggs, spiritual literacy, and interfaith awareness. As a frequent retreat guest at Mepkin, Amy is passionate about teaching spiritual practices and is available for in-person and on-line spiritual direction. She enjoys teaching and mentoring people of all ages in spiritual formation. Amy lives in upstate South Carolina with her husband who is a minister. They have one adult daughter.

John Hodgson has been a trained spiritual director for over 18 years, journeying with others seeking to find God in all things by deepening their experience of God, recognizing God's movement in their lives, and deciding how they wish to respond. He received his spiritual direction formation with an Ignatian focus at Our Lady of Peace in Narragansett, RI. Prior to his spiritual direction formation, he completed their 3-year program "The Spirituality of Christian Living", which included the 19th annotated Spiritual Exercises. He currently serves on the spiritual direction team at the Ignatius House in Atlanta, Ga for their semi-annual 8-day retreats. John is a trained Myers-Briggs instructor, which helps inform his work with directees. He has led

retreats and workshops that focus on Ignatian spirituality, contemplative practices, and other adult formation topics. John is a member of Spiritual Directors International, and previously served as a regional coordinator in Massachusetts. John journeys with all those who wish to deepen their relationship with God, either in person and by zoom. He and his wife reside in Charleston, SC.

Reverend Jeff McClain has a heart for helping people grow in awareness of God's presence, activity, and love. With God, there is always more! Jesus calls it abundant life. Jeff and his wife Carrie founded [Evergreen Pathways](#) to help people explore the Spirit's continual invitation to *more* through spiritual direction, coaching, and retreats. Jeff, Carrie and their three young children live in Boone, NC where they enjoy being outside, visiting the beach, and spending time together on the family Christmas tree farm.

Jeff was ordained to Word and Sacrament in the Evangelical Covenant Church in June of 2013. He served for ten years as Associate Pastor and Director of Congregational Care for Boone United Methodist Church in Boone, NC. Prior to serving the church, Jeff worked in the corporate world for ten years as a software engineer and manufacturing manager. In July of 2021, he received a certificate in spiritual direction from the Weborg Center for Spiritual Direction at North Park Theological Seminary in Chicago. Jeff is in the process of becoming a certified executive leadership coach.

Donna Meyer has a diverse nursing background, and her attraction to spirituality led her to study theology, where she developed an interest in spiritual direction and formation. She is convinced that each person's story is sacred, and that God meets people where they are. An experienced spiritual/retreat director, Donna is a non-judgmental, compassionate listener and helps people pay attention to their relationship with God. She incorporates Ignatian Spirituality into her practice and has accompanied people through *Spiritual Exercises*. She directs Ignatian retreats at Mepkin Abbey and Eastern Point Jesuit Retreat House in Gloucester, MA

In addition to her nursing education, she received her BA in Psychology and Religion from Smith College, Northampton, MA, her MDiv from Weston Jesuit School of Theology, Cambridge, MA, and her Certificate for Spiritual Direction Supervision from *Together in the Mystery* supervision program. She has completed 5 units of Clinical Pastoral Education and is a member of Spiritual Directors International. Donna offers spiritual direction to individuals in person or on-line. She and her husband, Paul, have three adult children, four grandchildren, and one very active goldendoodle.

The Rev. Dr. Jennie Clarkson Olbrych is a spiritual director living in Charleston, South Carolina. She brings thirty-five years of pastoral experience in Episcopal churches. Jennie has also served as a school chaplain, a congregational development consultant, and as an

intentional interim minister. She completed the Spiritual Direction Certificate program at St. John's School of Theology at St. John's University in Collegeville, MN. Her formation as a priest of the Episcopal Church was at Virginia Theological Seminary in Alexandria, Va., and her D.Min work in Pastoral Theology was at Princeton Theological Seminary in Princeton, NJ.

Jennie offers spiritual accompaniment to individuals either in person or virtually. She treasures the opportunity to listen in a sensitive partnership – walking and listening together to how God may be moving in the life of the directee. She welcomes an initial conversation to explore goals and compatibility. Jennie offers spiritual accompaniment to individuals either in person or virtually.

Sally Orcutt has been a member of St. Francis Parish for seven years. A Christian laywoman, Sally is married, the mother of two grown sons, a lay member of the Dominican Order of Preachers, and a member of the Contemplative Eldering Community through Mepkin Abbey in SC. After spending 20+ years as a corporate marketing professional, Sally now devotes herself to the ministry of spiritual direction. She is certified by the West Virginia Institute for Spirituality as a spiritual director and a director for the Spiritual Exercises of Ignatius. In her ministry she offers individual spiritual direction, leads spiritual direction groups, workshops and programs that are focused on the healing of wounds that can negatively impact daily life. These programs include working with the Enneagram, understanding and achieving Emotional Sobriety, and incorporating the work of Ira Progoff in writing your Spiritual Autobiography. At this time, she is currently offering sessions via Zoom.

Sally is a survivor of childhood trauma and divorce. She raised her two sons on her own and continues to work with those who have faced both of these significant life challenges. She feels the mission of her ministry is to guide others to recognize their sacred story within their life story - whatever that is. In 2017, her passion for leading others to recognize what she calls their sacred 'is-ness' led her to write ***Say Yes 2 Your Life: Journey to Celebrate Your "is-ness."*** A wounded healer, Sally's compassionate heart for those who have suffered guides her spiritual direction practice.

Karen Scully is a spiritual director and a graduate of the four-year Spiritual Direction Formation program of Fairfield University. She also holds a graduate degree in Ethics. After moving to Charlotte several years ago, she became involved in the Special Religious Education (SPRED) program at St. Matthew Church. SPRED welcomes those with intellectual and developmental challenges into full participation in the faith community of St. Matthew. The goal of SPRED is to help children and adults with these challenges to increase their awareness of God in their lives,

as well as to develop their role as an integral part of the parish community. Karen offers spiritual direction to all who are interested in deepening their relationship with God in their day-to-day lives. She also offers spiritual companionship to those with intellectual challenges. She is a member of Spiritual Directors International and the Emmaus Center for Spirituality. At present, Karen offers spiritual direction by either phone or Zoom.

Dr. Dawn Ruff felt called to train as a spiritual director after completing the Spiritual Exercises of St. Ignatius. Knowing first-hand the transformative power of the Exercises, she has a passion to connect the Creator with His creation. She received her certification through Dovehouse Ministries in Nashville, TN. She has directed silent spiritual retreats, is a member of Spiritual Directors International, and is currently providing monthly spiritual direction in person or via Zoom.

Dawn has been an educator for the past twenty years, and has degrees from the University of North Carolina at Chapel Hill, Vanderbilt University and Trevecca University in Nashville, TN. She lives in Pawleys Island, SC with her husband of 35 years, 15-year-old son, and two dogs. Additionally, she has two adult children.

Suzan Stewart received training as a spiritual director at Hesychia School of Spiritual Direction in Tucson, Arizona. The focus of her training was in interfaith and LGBTQ affirming teachings. She also embraced their evocative method of deep listening enabling her to accompany others in the process of growing intimacy with Spirit/God/the Divine.

She offers understanding and compassion without judgment, creating a safe space in which to support you in deepening your relationship with the Sacred as you walk your spiritual path.

Suzan is a Registered Nurse for more than 40 years with interests in Holistic Nursing, and the energy work of Healing Touch. She loves to study the mystics of the past and those of today such as Richard Rohr, James Finley, Mrabai Starr, and Henri Nouwen. She is a contemplative seeker and finds herself and God in nature and in quiet solitude. Suzan would be honored to join you on your passage through life and her hope is that your relationship with God will be nurtured and you will grow on your journey towards living into the beloved person you were meant to be. She will meet directees both in person and virtually.

Kathy Tosney is an experienced Interfaith Spiritual Director and Retreat Director and offers both in-person and online spiritual direction and retreats. Kathy taught contemplative prayer practices for 10 years as a retreat team member for Mepkin Abbey's Institute for Contemplative Eldering Retreats. She is also Mepkin Abbey's Liaison for their Zip Code Contemplation Program & weekly online centering prayer sessions. She offers Ignatian directed retreats at Mepkin Abbey and Eastern Point Jesuit Retreat House in Gloucester, MA. Kathy offers a unique Zoom Retreat, "A 6-Week Individual Ignatian Retreat," which is adapted from the Ignatian Spiritual Exercises. She has a deep passion for teaching contemplative prayer practices, centering prayer and introducing people to Ignatian spirituality. She has spent several

stays living with a group of Carmelite hermits in Ireland exploring the Carmelite and Christian mystics. Kathy sees spiritual direction as a sacred privilege to accompany people who are seeking to explore their true self and deepen their spiritual life and relationship with God. Kathy is very comfortable with all forms of spirituality.

Kathy is a compassionate deep listener having a long history of twenty years of Clinical Social Work and Hospice work. She brings a spiritual/psychological integrative approach to helping you explore your unique spiritual journey. She holds a Certificate in Spiritual Direction from the Spiritual Direction Internship Initiative in Boston, MA. and is a member of Spiritual Directors International and the Ignatian Spiritual Partnership of Maine. Kathy is also a trained facilitator for MBSR (Mindfulness Based Stress Reduction) through the Massachusetts Medical School. Kathy lives in Portland, Maine, where she is the proud mother of two adult sons and grandmother of four amazing young grandchildren.

Rev. Dr. H.W. “Duke” Walker has experienced deep peace, firm hope, and bold courage in being listened to well by spiritual directors over the last 22 years, which led to his own journey of becoming a spiritual director. He is committed to being with others compassionately having seen his own sin and wounds in Christ for the *felix culpa* or happy fault that they are. He seeks to be with people humbly having realized God’s invitations to new life often come in conversation with others that call for a sobering honesty. His formation led him through UNC Charlotte (BA, Political Science), Asbury Theological Seminary (M.Div., Spiritual Formation), The Shalem Institute for Spiritual Formation, a Men’s Rite of Passage through The Center for Action and Contemplation, Francis and Judith MacNutt’s School of Healing Prayer at Christian Healing Ministries, a Doctor of Ministry in Spiritual Direction from The Graduate Theological Foundation (focusing on Contemplative, Charismatic and Benedictine Spirituality), as well as a Clinical Pastoral Education Residency in a Level I trauma hospital as resident for the Coronary ICU and heart floors. Currently, he works as a chaplain and is the founder of The Inner Hue, where he teaches in churches on prayer as intimacy with Christ and offers spiritual direction helping people to identify the voice of Christ in their own journey. Duke is available to visit with men and women on a Christian journey, in person, by phone and Zoom. He and his family live in the Atlanta, GA area.

Christina Wilking serves as a spiritual director in Charlotte, NC. She is a graduate of Indiana Wesleyan University majoring in Business Administration. While attending Gordon Conwell Theological Seminary she discovered her calling to become a spiritual director. She received her training through the Fairfield University four-year Spiritual Direction Formation Program.

Christina served on staff at a large church for eighteen years as an assistant to the Senior Pastor and in addition served as a Hospital Chaplain, Pastoral Care Ministry Coordinator and as a Spiritual Director. In 2018, she started Wind and Breath Ministries to offer spiritual care to those who desire a deeper relationship with God and discern their next step in their faith

journey. Christina specializes in helping those in ministry and non-profit organizations but her practice is open to all. She is available to meet in-person, by Zoom, and by phone. She is a member of Spiritual Directors International and Evangelical Association of Spiritual Directors.