SPIRITUAL DIRECTORS (2/12/2020)

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:

Rev. Laura Craig, Spiritual Director
291 Witherspoon Street
Princeton, NJ 08542
609.955.4487
revlaura.gfm@gmail.com

Ms. Patricia Deeney, Spiritual Director
114 Copperfield Drive
Lawrenceville, NJ 08648
609.396.9352
pjdeeney@hotmail.com

Ms. Karla Droste, Spiritual Director
1555 Applewood Circle
Yardley, PA 19067
510.590.2963
karlad123@sbcglobal.net
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)
friendhoward148@gmail.com

Rev. Maureen Gerald, Spiritual Director
P.O. Box 3356
Princeton, NJ 08540
609-228-8612
609-915-4499 (cell)
me@maureengerald.org

Ms. Janet Haag, Executive Director of NAMI Mercer
3371 U.S. 1,
Lawrenceville, NJ 08648
215.585.8087 (cell)
Haag334@aol.com

Ms. Mary Lou Hatcher, Spiritual Director
925 Prospect Ave
Bethlehem, Pa 18018
484.894.5062
Mlhatcher55@hotmail.com
Rev. Dr. Richard (Dick) Herman  
324 Center Street  
Moorestown, NJ 08057  
609-670-2763 (cell)  
rhherman51@gmail.com

Denomination: Presbyterian  
On Campus  
or in Moorestown, NJ at  
St Matthew Lutheran Church

Ms. Jennifer Hinton, Spiritual Director  
121 Red Hill Road  
Princeton, NJ 08540  
609-558-0985  
jenhinton@aol.com

Denomination: Roman Catholic  
On Campus or at St. Paul Church, Princeton  
(5-minute drive or 10 minute walk)

Deborah Hunsinger, Spiritual Director  
165 Ross Stevenson Circle  
Princeton, NJ 08540  
609-683-7830  
Deborah.hunsinger@ptsem.edu

Denomination: Presbyterian  
On campus different days

Ms. B.J. Katen-Narvell, Spiritual Director  
242 Prospect Avenue  
Princeton, NJ 08540  
609.921.8948  
katen.narvell@gmail.com

Denomination: Presbyterian  
On campus – Mon. - Thur. (during the day)

Rev. Jan W Koczera, Spiritual Director  
10 Maidenflower Lane  
West Windsor, NJ 08550  
609-558-2705 (cell)  
jan.koczera@gmail.com

Denomination: Presbyterian  
On Campus: Wednesday to Friday

Catherine Morgan, OP, Spiritual Director  
725 Denow Road #248  
Pennington, NJ 08534  
opdominican@gmail.com

Denomination: Roman Catholic  
On Campus: Any day by appointment  
Please contact via email

Rev. Sara Nally, Spiritual Director  
10 Pine Street, 3D  
Montclair, NJ 07042  
770-598-6930  
Nally.sara@gmail.com

Denomination: Presbyterian  
Flexible availability, Mon. – Fri.  
On campus

The Rev. Dr. Terry Thomas Primer, Chaplain, Monroe Village Retirement Community  
21 Elm Street  
Hopewell, NJ 08525  
609.466.5836  
Terry.Thomas.Primer@gmail.com

Denomination: Baptist/UCC Affiliations  
On campus - Wednesdays

Ms. Deanna Sass, LAC, NCC, Spiritual Director  
20 Nassau Street  
Suite #226  
Princeton, NJ 08542  
609.213.6975 (cell)  
JourneyWithYou@aol.com

Denomination: Roman Catholic-(Ministers to persons of all Christian Denominations)  
Call or E-mail to schedule an appointment  
(5 minute walk)
The Rev. Ann Schoonover, Spiritual Director
20 Nassau Street
Suite #226
Princeton, NJ 08542
610.220.9763
schoonbrwn@aol.com
Denomination: Presbyterian
On campus
In office – available Tuesday’s by request
(5 minute walk)

The Rev. Dale Selover, Spiritual Director
4 Darvel Drive
Princeton Junction, NJ 08550
908.797.7336 (cell)
dale.graceministries@gmail.com
Denomination: Lutheran
On campus or in own office
(15 minute drive)

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 West Main St Suite 144
Montclair, NJ 07043
973-479-5756
margpwalter@comcast.net
Denomination: Presbyterian
On Campus: Tuesdays

Ms. Ruth Workman, Spiritual Director
Sanctuary Retreats
1981 Berrel Court
Yardley, PA 19067
215-738-8845
ruthworkman@prodigy.net
Denomination: Presbyterian
On campus or in home office
(25 minute drive from campus)

Rev. Betty Wright-Riggins, Spiritual Director
130 West Main St. Suite 144
Collegeville, PA 19426
484-942-3795
revbety@gmail.com
Denomination: American Baptist
On Campus: Wednesdays

Directors who do NOT participate in Student Health Benefit Plan

Ms. Ann Quinn, Spiritual Director
280 Holcombe Way
Lambertville, NJ 08530
908.285.1403
ann-spirit@live.com
Denomination: Interspirituality
In own office - Flexible schedule
(25 minute drive)
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 Nonviolent Communication. She previously had a prison ministry and a ministry for 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 though 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 received her spiritual direction certificate 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 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 provides a sacred time and place, secure and safe, where deep listening, loving-kindness and compassion, heart connection and soul-knitting thrive.

Maureen Gerald completed a certificate program in Spiritual Direction from Oasis Ministries. She is a graduate of Princeton Theological Seminary, class of 2006. She has also received training from Columbia University and is an ordained minister with over 20 years of experience as a licensed Social Worker, and in chaplaincy and parish ministry settings. Maureen holds a lens of inclusion and acceptance. She is a mom and wife who loves making time to play, laugh out loud for no reason and get on the swings with her 3 year old granddaughter!

Life can leave us longing for clarity and deeper, divine understanding. It can be the uncertainty of God's call to ministry, a chaotic relationship, or caring for a loved one. This is where the work of Spiritual Direction meets us. This is the space where we have the choice to hold our breath or breathe deeply and daringly. This is the space that gives spiritual direction aim and transformative outcomes. Let’s breathe through life’s ebbs and flows together.

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 “companionsing 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 retired Presbyterian pastor with 40 years of experience in pastoral ministry having served two churches in Pennsylvania and most recently 16 years as an associate pastor at the First Presbyterian Church in Mooretown, NJ; and he is a graduate of Bucknell University (BA) and Gordon-Conwell Theological Seminary (M. Div.). Subsequent to completing his D. Min at Fuller Theological Seminary, Dick has also earned a Certificate in Spiritual Formation from Columbia Theological Seminary and is a certified Spiritual Director after completing his training with Oasis Ministries. Dick is married to Lissa and they have a married daughter and two granddaughters, who live nearby. Together with Lissa, Dick enjoys taking walks and bird-watching, travel in the Celtic lands of the UK, contemplative nature photography and playing with his granddaughters and the family golden retriever. You can find out more about Dick’s ministry of spiritual direction at his website RichardHHerman.com.

For Dick, spiritual direction is the prayerful practice of being with people as they seek to grow and deepen their relationship with God, helping them attend to God’s voice and recognize His presence. Spiritual direction asks the question: “Where is God and what is He doing in my world.” 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.

Jennifer Hinton received a certificate in spiritual direction from The Upper Room, Roman Catholic Diocese of Trenton. Currently the Co-Director of the Office of Family Life for the Diocese of Metuchen, she previously served as a Pastoral Associate at Saint Paul Church in Princeton for eight years. Her educational background is in psychology, education and pastoral studies. Jen resides in Princeton with her husband (and tens of thousands of honeybees!) and is the parent of three young adult children.

Each of us has a story to tell, and listening to that story is the sacred privilege of a spiritual director. Whether it is in the contemplation of a moment or of significant life events, the story of Love is revealed to us as individuals and as a community. I look forward to sharing part of your blessed journey as a spiritual companion.
Deborah Van Deusen Hunsinger is Professor of Pastoral Theology Emerita at Princeton Theological Seminary, having retired from her academic post in January, 2019. She has taught courses in pastoral care, prayer, depth psychology, trauma, pastoral counseling, nonviolent communication, and spiritual listening in seminars, churches, hospitals and other venues over the years. She is an ordained Presbyterian minister (PCUSA), a certified pastoral counselor, and a spiritual director, having completed the certificate program at Oasis Ministries. She received her theological education at Yale University Divinity School (M.Div.) and at Union Theological Seminary in New York (Ph.D. in Psychiatry and Religion). Her faith is nourished and sustained by her love of friends, poetry, scripture, music and trees.

Deborah wants to offer both individual and group spiritual direction for members of the PTS community. Groups will focus on spiritual discernment in everyday life, where the skills of nonviolent communication will help each person to slow down enough to hear God’s voice, perceive the longing of their neighbors, and discover their own heart’s desires. As trust grows, each person will have opportunities to deepen in compassion, speak with authenticity, and grow in understanding—both of self and others.

Students may organize a group of six participants among their network of friends and acquaintances or they may simply contact the Student Counseling Office individually, which will then organize a group as people express interest.

Jan W. Koczera is an ordained pastor and a retired Army chaplain and veteran who served three combat tours in Iraq. He served locally as the Associate Pastor for Evangelism at the First Presbyterian Church of Hamilton Square. He has most recently served as chaplain of the New Jersey Veterans Home in Menlo Park. During his time at Hamilton Square and as a Veterans Home chaplain, he was a field education supervisor for Princeton Seminary students. He is also a contemplative, is committed to a lifetime of learning and is a graduate of the Living School of Richard Rohr. He has a passion for connecting art, spiritual direction, and the journey of healing from trauma.

_Spiritual Direction is the journey of companions on life’s road. An African proverb says, “The reason two antelope walk together is so that one can blow the dust out of the eyes of the other.” Spiritual direction is the work of assisting another to discern God’s loving presence in life, to find within themselves the eternal Source of love, peace and strength._

Sara Nally completed her training as a spiritual director at the Shalem Institute’s Spiritual Guidance Program in 2005. She is a Presbyterian minister who has served in parishes, in hospice and hospital chaplaincies, and most recently as a spiritual director for divinity students at The School of Theology of the University of the South where she has been involved in both individual and group direction. She received her Master of Divinity degree from Louisville Presbyterian Theological Seminary. The ministry of spiritual direction is very fulfilling for her, and she feels her main talents and skills are utilized most when our deep longing for God is given a holy space to flourish.

I enjoy creating a contemplative space. Most of us have very busy lives, and long to open a space where we can slow down and actually discern God’s voice and God’s leadings of us. Silence is paramount to inner experience, as we slow down, allow ourselves calmness, and make way for the presence of God to surround us. Spiritual direction (or guidance) gives us opportunities for this presence to become more deeply rooted in our lives. My greatest offering within this ministry is to listen lovingly, compassionately, and openly to the words underneath the words where God’s leadings may be heard.
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, and a MA in Christian Spirituality from The General Seminary of the Episcopal Church. She is a graduate of the Spiritual Direction and Spiritual Guidance 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.

Catherine P. Morgan During my many years in ministry, I have found myself companioning people on their spiritual journey. The issue that brought them to engage in spiritual ‘direction’ was their thirst for a deeper relationship with God/Jesus. We spent time together reflecting on how they encountered God or how he/she was Jesus for another. The sessions are about remembering, and noticing, where God/Jesus is present in one’s life. The journey is not only about the mountain top experiences; it is mostly about the regular ‘living with’ Jesus each day. This conscious journey prepares us for the valleys that will surely come!

I have been privileged to walk with members of the LGBT community as they sought to better integrate their life experience and see the face of God more clearly. Eighteen years of my ministry has been with college and university students. In addition to campus ministry, the charismatic experience has had a major influence on my own spiritual journey. All of my life has prepared me to be comfortable worshiping with any community seeking to give praise to God!


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, and Love. 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 as the Director of the Department of Pastoral Care for the Roman Catholic Diocese of Trenton, she has a certificate in Spiritual Direction, Ignatian Retreats, Supervision of Spiritual Directors, and the Myer’s Briggs Personality Type Indicator. In her more than twenty-five years in ministry she has served as Theology Faculty, Campus Minister, Hospital Chaplain, Parish Pastoral Associate, Retreat Director and has practiced Spiritual Direction for twenty years. She holds a BA in Theology and an MA in Pastoral Ministry / Pastoral Counseling, and an MA in Clinical Counseling-Psychology. She and her husband have five young adult children and one grandchild.

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 the two-year program in spiritual direction 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._

**Margo Walter** received her certificate to offer Spiritual Direction from (Oasis Ministries). Her educational background has given her 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** has received certificates to practice as a Spiritual Director and as a supervisor of spiritual directors. She earned a 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. 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._
Betty Wright-Riggins is an ordained American Baptist Minister, Spiritual Director, Consultant in Church Spiritual Formation and a certified Grief Recovery Specialist. She is an adjunct professor at Palmer Theological Seminary teaching in the areas of prayer, spiritual discipline, and grief and loss. Betty has served as pastor, and while in Vermont, she was the only African American, American Baptist woman pastor in the state. She is the Principal of TrustOne, a leadership coaching and spiritual direction ministry. She serves on the "Journey Team", which is an American Baptist Churches initiative to discern the will of God when considering the future direction of the denomination. She provides retreat leadership for Rhythms of the Spirit, a contemplative retreat for church leaders and denomination executives. Betty has been a confidant to pastors, ministers and their families in transition.

Betty has had several opportunities to serve in a variety of ways including as principal in public schools, head of a Christian school, speech pathologist, principal in schools for special needs students, and has worked with youth who have been adjudicated by the courts. These and other experiences have shaped her commitment to be fully present and prayerful. Throughout her ministry, Betty has lived by the adage of living as though one's head is below one's heart in order to hear the whisper of God's voice.

Betty believes Spiritual Direction is helping people discover the pin light that illuminates the path God has for them. It is also listening beneath what is said to discern what may be deeper inside. In addition, it is holding the Holy inherent in the silence that accompanies challenges, breakthroughs, discovery and confession. She often says spiritual direction is teacher to those who will discover the gift of trusting in the power of the Spirit to be a constant primary presence on one's journey to becoming.