

Introduction to Spiritual Directions- Revised May 2023

So, you are interested in finding a Spiritual Director. Where to start?

You might find it helpful to spend a few minutes thinking about the type of person you would like as your guide.

- What is your experience with working with a spiritual director? Is this a first experience of spiritual direction? • What brings you to spiritual direction at this time in your life?
- Would you like to meet with a lay or ordained person?
- What spiritual affiliation or denomination would be most helpful for you?
- What time of day would best serve you for meetings?

When you speak with a potential Director, you may want to ask that person the following questions. It is often wise to speak with more than one person before choosing the right Director for you.

1. What spiritual formation and theological education do you have in Spiritual Direction?
2. What is your personal experience tending your own prayer, meditation, and contemplative life?
3. What is your experience as a Spiritual Director? How many years? In what environments? What are you most interested in spiritually?
4. Do you have a Director and Supervisor?
5. What ethical guidelines do you abide by, such as those published by Spiritual Directors International? Have you ever been accused or convicted of misconduct?
6. What type of engagement agreement will we establish to clarify roles and responsibilities, frequency of meetings, in our Spiritual Direction relationship?
7. What is your fee schedule?

Below is a list of names and contact information for Spiritual Directors (companion, guide) that are willing to see more people.

Kootenay Diocese does not endorse or recommend particular Spiritual Directors. We only list the potential Spiritual Directors that we are aware of. You may find another list by visiting the Spiritual Directors International (SDI) website and following the links to the Seek and Find guidebook. SDI is an international, interfaith organization.

The people listed below have not been screened by the Diocese and therefore it is the responsibility of each person seeking a director to screen and select someone you are comfortable with.

Spiritual Directors list (May 2023)

	Name and contact information	Preferred method of contact	Specialty areas, areas of special interest Training in Spiritual Direction
1	<p>Rev. Wendy Adams Phone 250 308-6300 Email revwendy@shaw.ca</p> <p>Armstrong, BC</p> <p>Faith affiliation- Presbyterian (retired ordained minister)</p>	<p>Face to face or by phone, willing to adapt</p>	<p>Area of special interest: people in transition, grief work, seniors, people working through theological conflicts. Sliding scale rates.</p> <p>Training in Spiritual Direction Certificate from the Jubilee Program in Spiritual Direction (Winnipeg)</p>
2	<p>Ms. Joan Alexander Phone 250-608-1277 Email alexander.joan9@gmail.com Website www.joanalexanderspiritualdirector.com</p> <p>Summerside, PE, Canada (I lived and served in the Kootenay area for 5 years prior to moving to the east coast)</p> <p>Faith Community Affiliation: Please see my website for information</p>	<p>ZOOM Phone Facetime Skype Messenger video</p>	<p>I have a special interest in working with people: *2SLGBTQIA+ including family members and allies. - Enneagram - Dreamwork (Jungian) - Labyrinth</p> <p>Spiritual Direction Training: 1. Two-year certification from the Haden Institute and Mount Carmel Spiritual Centre 2. SD Supervision training at the Mercy Center, California (SDIworld)</p>

3	<p>Therese DesCamp Contact information: Phone 250 551-6540 Email descamp@heartsrest.com</p> <p>Central Kootenays, BC (New Denver)</p> <p>Faith Community Affiliation: I am a cradle Roman Catholic, ordained 30 years ago in the United Church of Christ (USA), now clergy in the United Church of Canada. While my path is Christ, I learn from the wisdom of multiple religious traditions.</p>	<p>Face to face, Zoom Phone</p>	<p>Areas of special interest: I often find myself working with people whose lives are impacted by addiction, and with women and men who struggle with how to love and live within the institutional church. I have a 30+ year-long meditation practice, which provides the grounding for much of my work, as well as 35 years of sobriety. I am a member of the 2020 cohort of the Living School through the Center for Action and Contemplation.</p> <p>Training: I completed independent study with staff of</p>
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			<p>the Mercy Center, Burlingame, California. My supervision and personal spiritual direction continue with retired faculty of the Mercy Center.</p>
4	<p>Rev. Martha Fish Phone 250 231-3477 Email marthafish119@gmail.com</p> <p>Trail, BC (West Kootenay)</p> <p>Faith Community – Anglican (Ordination as Locally Trained Priest Feb. 2016)</p>	<p>Face to face Zoom Phone</p>	<p>Training: 30 years experience & ongoing education as an MSW clinical social worker in the community Mental Health system; Training: Course in Sp. Direction at Mercy Center, California in 2008; graduated Kootenay. Sch. Ministry 2015 including courses in Spiritual. And Pastoral Formation.</p>

	<p>Rev. Rita Harrison Phone 250-258-5991 Website/Contact Form: https://okpastoral.ca/ Kelowna, BC</p> <p>Faith Community: Anglican</p>	<p>Online Face to Face Individual or Group</p>	<p>Training</p> <ul style="list-style-type: none"> ● Spiritual Direction Apprenticeship with <u>Dr. Garry Schmidt</u> ● Been in spiritual direction for over 30 years ● Center for Action and Contemplation's <u>Living School</u> (completion 2023) <i>teachers: Richard Rohr, James Finley, Barbara Holmes, Brian McLaren, Cynthia Bourgeault, Mirabai Starr</i> ● Master of Divinity (and then ordained as an Anglican Priest) ● Bachelor of Education ● Bachelor of Science (Mathematics) <p>Experience</p> <ul style="list-style-type: none"> ● Taught in Adult Basic Education settings, working with newcomers to Canada, students with disabilities, and marginalized persons. ● Pastored congregations in urban and rural communities ● Trained caregivers and listeners ● Parent of children with special needs ● Participant in 12 step groups
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5	<p>The Rev. Dr. Brooke Mitchell Phone 778 418-2545 Email cohospirit@gmail.com</p> <p>Campbell River, BC</p> <p>Faith affiliation: Anglican Church of Canada</p>	<p>Phone and Zoom when meeting people who live at a distance, prefer Face to face</p>	<p>Special interests: Connecting people with God to deepen their life in Christ. My foundational model is the Ignation Exercises, but to modify these to suit individual circumstances.</p> <p>Training is Spiritual Direction Pacific Northwest Program in Spiritual Direction (1998 – 1999) Training in the Ignatian Exercises with the Cenale Sisters Course: Supervising Spiritual Directors 2012</p>
6	<p>Rev. Marcella Mugford Phone 250 354-4085 email bshalom@netidea.cp,</p> <p>Nelson, BC (West Kootenay)</p> <p>Faith affiliation: Anglican</p>	<p>Face to face Zoom Skype</p>	<p>Training in Spiritual Direction Spiritual Directions the summer internship program in spiritual direction at Mercy Centre in San Francisco Advanced Program in Spiritual Direction – The Anglican Diocese of Kootenay</p>

7	<p>Rev. Louise Peters, BA, MDiv.</p> <p>Email sapiencespiritualdirection@gmail.com Phone; text 250-318-2781</p> <p>Website (<u>Sapience Spiritual Direction</u>) https://sapiencespiritualdirection.wordpress.co</p> <p><u>m</u> Faith Affiliation: Anglican</p> <p>(See website for details)</p>	<p>Face to face, Computer – various platforms Phone</p>	<p>As a priest in the Anglican Church, she has served as a university chaplain, a rector, as a clergy team member in two cathedrals, as an executive director of a retreat and conference center.</p> <p>She is following her passion and dream of full working full time as a Spiritual Director.</p> <p>Christian faith informs her and is her centre; however, she is open to interfaith conversations and practices. Inclusivity and equity justice are core values she holds in her approach. She has worked with individuals in recovery work and also provides grief support.</p>
8	<p>Rev Pat Simons</p> <p>Phone 250-462-1434 Email patsimons@telus.net</p> <p>South Okanagan</p> <p>Faith Community Affiliation: Anglican</p>	<p>Face to face Phone</p>	<p>Spiritual Direction Training SoulStream (3 years): part of my Spiritual Formation Course</p>
9	<p>Rev. Brian Smith</p> <p>Phone 250-832-2934 Email brianevasmith964@gmail.com</p> <p>North Okanagan</p> <p>Faith Affiliation: Anglican</p>	<p>Face to face Phone Skype or another internet program</p>	<p>No speciality areas, but have been a long time practitioner of Centering Prayer -like working with couples; working with people who have addiction issues, etc. Training in Spiritual Direction: the summer internship program in spiritual direction at Mercy Centre in San Francisco</p>

10	Rev. Derrick Smith Phone 250 432 5185 Email kdsconsul@hotmail.com Kimberley, BC (East Kootenay) Faith affiliation: Anglican	face to face, Phone, Skype, Whats App, Face book Messenger video	No speciality area Training in Spiritual Direction Soul Stream- 3 year program
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11	<p>Rev. Garry Schmidt</p> <p>Phone 250.549.0568 Email directionsforyou2@gmail.com</p> <p>Vernon, BC</p> <p>Website: www.directionsforyou.com/vernon/</p>	<p>Face to face Several computer platforms Phone</p>	<ul style="list-style-type: none"> • individual & group spiritual direction • pastoral counselling • group retreats and courses • clergy and church leadership support groups • retreat direction and sabbatical planning • conflict management & consultation <p>Dr. Garry Schmidt is certified through the American Association of Pastoral Counsellors and through Spiritual Directors International. He holds a Doctor of Ministry and a Diploma in the Art of Spiritual Direction, both from San Francisco Theological Seminary, with a specialty in clergy care. He has been an instructor at Holy Names University, The Kootenay School of Ministry, Mennonite Brethren Biblical Seminary, Salt Lake Theological Seminary, San Francisco Theological Seminary, and Mercy Centre Institute in Contemporary Spirituality.</p> <p>Garry has been ordained for ministry in the Mennonite and most recently the Anglican tradition. He currently serves as Associate Priest at All Saints Anglican Church in Vernon and is the Executive Director of a non-profit called Directions Society: The</p>
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			<i>Centre for Sacramental Vocation.</i>
12	Rev. Mike Stuchbery Phone 647-270-3758 Email mjstuchbery@gmail.com Toronto, ON Faith affiliation: Anglican	Sees people face to face, phone, or online, (usually Zoom)	No special areas of interest. Training in Spiritual Direction: Training in Spiritual Direction. Advanced Program in Spiritual Direction – The Anglican Diocese of Kootenay

13	Rev. Laura Turnbull Phone 250-487-4395 Email laurajturnbull@hotmail.com Residence: South Okanagan (Penticton BC) Faith Community affiliation: I am an ordained minister (retired) in The United Church of Canada	Prefer face to face, but also use Skype, Zoom and phone	Area of special interest: I love working with folk who are in transition (and aren't we all) and those who feel "stuck" on their pilgrimage. Spiritual Direction Training: I completed the Pacific Jubilee Program (Vancouver) in 2013.
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