

What Is Spiritual Directions?

Spiritual direction is “help given by one person to another which enables that person to pay attention to God’s personal communication to him or her, to respond to this personally communicating God, to grow in intimacy with this God, and to live out the consequences of the relationship.” (William A. Barry and William J. Connolly, *The Practice of Spiritual Direction*)

Spiritual direction is the practice of “holy listening and tending to the soul” where you learn to become more attentive to how and where God is leading and guiding you. Through the practice of spiritual direction, a Spiritual Director listens and helps one notice God’s presence in their daily lives.

Over the years, my journey has been marked by many practices of spiritual formation, including that of spiritual direction. In times of stress and chaos, especially amidst life's transitions, "direction" has been a centering source calling me back to the practice of listening and discernment of God's voice and my own inner voice. At times, it has been liberating by un-earthing deeply held emotions and healing unresolved conflicts. In a word, direction has been "restorative". -- Randolph T. Miller, Medford, Oregon

American Baptist Certified Spiritual Directors (partial list)

Rev. Ineda P. Adesanya

25678 Holloway Canyon Court
Castro Valley, CA 94552
510-750-2037

Gotweirdjoy@gmail.com

[Wwww.wjoy.org](http://www.wjoy.org)

Credentialed through the San Francisco Theological Seminary - Diploma in the Art of Spiritual Direction (DASD).

Memberships in: Spiritual Directors International; Spiritual Directors of Color Network
Spiritual Direction experiences with women and men, small groups, pastors and other clergy, and congregations.

Rev. Brenda Egolf-Fox

724 Barrington Road
Collegeville, Pa. 19426
610-751-7608
610-454-0721

Graduate of Oasis Ministries, 419 Deerfield Road, Camp Hill, Pa. 17011

Certified as Spiritual Director by Oasis Ministries, 1996

Certified as Clergy by American Baptist Ministries, 1981

Spiritual Direction experience: individuals, groups, Women, Men, and people of all colors.

Marlene Graves

521 General Learned Road, King of Prussia PA. 19406
610-564-2292

marlenegraves@msn.com

Graduate of Pastoral Care and Counseling - Neumann University

Certificate in Spiritual Direction - Neumann University

Spiritual Direction experience: Diverse ethnic backgrounds, internationally and locally, clergy, lay and Corporate America.

Christine Labrum

1424 Providence Lane Hatfield, PA 19440

215-779-0016

space.to.listen@gmail.com

www.creatingspacetolisten.com

Graduate of Kairos :School of Spiritual Formation - Spiritual Direction training; Biblical Seminary - MDiv
Endorsed by Spiritual Directors International and Evangelical Spiritual Directors Association.

Spiritual Direction experience: women

Rev. Miriam Mendez

(503) 260-0212

mmendez60@msn.com

Graduate of George Fox Evangelical Seminary - Spiritual Directions/Spiritual Director certification

Endorsed by George Fox Evangelical Seminary - Spiritual Directions

Spiritual Direction experience: pastors, women/men, women/men of color , Spanish/English,
interfaith, multi-generational (youth, young adults, etc...)

Tanya Radford

Shalem Institute

3025 Fourth St., NE

Washington, DC 20017

(cell) 202-271-3948

tanya3701@aol.com

Completing Shalem Institute Spiritual Guidance Program

Spiritual Direction experience: men and women of color, and women in general

Rev. Betty Wright-Riggins, ordained American Baptist

158 Stine Drive, Collegeville, PA 19426

Mobile: 484-942-3795, Home: 610-489-8662

Revbety@gmail.com

Graduate of Oasis Ministries for Spiritual Direction- Certified

Memberships: Spiritual Directors International; Spiritual Directors of Color

Spiritual direction experience: Clergy (men and women), women of color and laity, spiritual retreats,
spiritual formation instruction, Lectio Divina

Disclaimer:

The information contained in this directory of spiritual directors is supplied by the providers themselves who have self-identified as American Baptist. Although Ministers Council does not recommend or endorse any of the listed spiritual directors, it offers this list as a resource for pastoral leaders in our denomination who are seeking spiritual direction. By accessing and using this directory, you accept and understand that Ministers Council is in no way responsible for the acts or omissions or services of any of the spiritual directors listed in this directory. You also accept responsibility for

interviewing and selecting a suitable spiritual director. Thank you and blessings on your journey.

Spiritual Direction Bibliography

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Dougherty, Rose Mary. *Group Spiritual Direction: Community for Discernment*. New York, Paulist Press, 1995.

Dyckman, Katherine Marie S.N.J.M. and L. Patrick Carroll, S.J., *Inviting the Mystic Supporting the Prophet: An Introduction to Spiritual Direction*. New York, Paulist Press, 1981.

Fryling, Alice. *Seeking God Together: An Introduction to Group Direction*. Downers Grove, IL, Intervarsity Press, 2009.

Guenther, Margaret. *Toward Holy Ground: Spiritual Direction for the Second Half of Life*, Boston: MA, Cowley Publications, 1995.

Guenther, Margaret. *Holy Listening: The Art of Spiritual Direction*. Boston: MA, Cowley Publications, 1992.

Kidd, Sue Monk, *When The Heart Waits: Spiritual Direction for Life's Sacred Questions*. San Francisco: Harper Collins Publishers, 1992.

May, Gerald G. May. *Care of Mind, Care of Spirit*. New York, Harper Collins, 1992.

Ruffing, Janet K. *Spiritual Direction: Beyond the Beginning*. New York, Paulist Press, 2000.

Webb, Heather. *Small Group Leadership as Spiritual Direction: Practical Ways to Blend an*

Ancient Art into Your Contemporary Community. Grand Rapids: MI, Zondervan/Youth Specialties, February 13, 2005