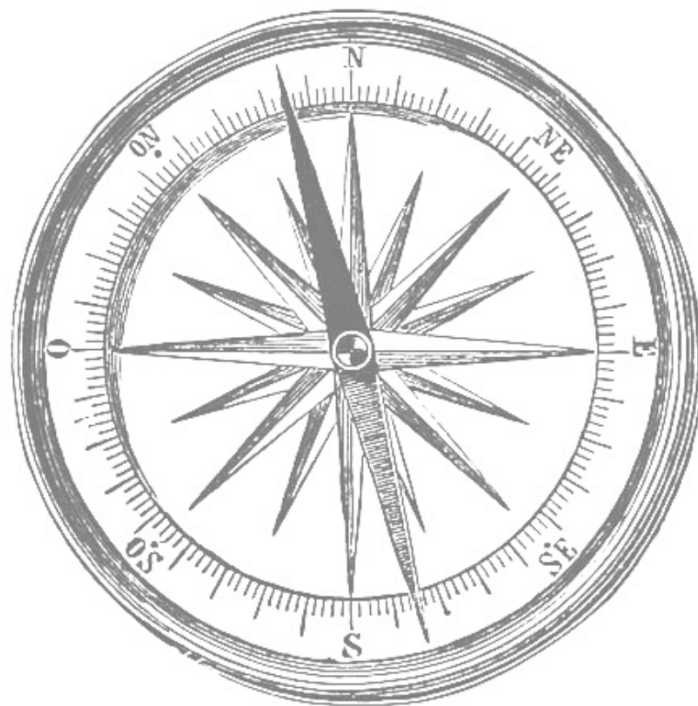


Catalog of Spiritual Directors



Jesuit School of Theology
2022-2023



“The goal of spiritual direction is spiritual formation—the ever-increasing capacity to live a spiritual life from the heart. A spiritual life cannot be formed without discipline, practice, and accountability.”

Henry Nouwen, *Spiritual Direction*

“The major premises that underlie spiritual direction are disarmingly simple, namely, that God is active in our lives, constantly taking the initiative; that God’s actions are unrelentingly loving (which is not to say always easy or comforting but, rather, always on the side of our deepest desires); that we can experience these actions of God and sense the movements of God’s Spirit; and that we can respond to these movements either with willingness or with resistance.”

Mary Ann Scofield, “Waiting on God: Staying with the Movements of God”
Sacred is the Call

“We define Christian spiritual direction, then, as help given by one believer to another that enables the latter 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 Barry and William Connolly, *The Practice of Spiritual Direction*

“Finally, when directors practice contemplative listening in their direction sessions, they train their directees by example to practice contemplative listening as well, a practice that has implications not only for direction sessions but for the rest of the directee’s world. What better way to grow in faith, hope, and love, what surer way to experience our own transformation and that of the world than to notice and respond to God’s presence in the course of our everyday lives and thus participate in the reign of God?”

Maria Tattu Bowen, “Hearing with the Heart,” *Sacred is the Call*

What is spiritual direction? And how might I benefit from this ministry?

A spiritual director attending to Christ's presence with us furnishes greater insight, courage, freedom, and receptivity to the Holy Spirit!

A short and useful resource describing the character of direction is available at the Ignatian Spirituality website of Loyola Press: [“What should someone expect in spiritual direction?” by Vinita Hampton Wright](#). Many fine resources describing both Ignatian and other models of spiritual direction may be helpful to anyone who is considering this especially significant practice.

What spiritual direction is *not*:

Spiritual direction is *not* another class—time with a personal instructor who will burden you with reading or present you with a test.

Spiritual direction is also *not* simply talking about your faith with a friend or spiritual mentor. The occasional and even regular opportunity for such exchanges is a gift life may afford us, but the character of these interactions does not have the same structure or intentionality as one rooted in the long tradition of spiritual direction.

Similarly, spiritual direction is also *not* therapy. Direction is not meant in principle to address a crisis or psychological need.

How does receiving spiritual direction support my goals at JST?

Nemo dat quod non habet. You can't give what you don't have!!

What do you seek to give others?

Do you anticipate sharing your heart and attention with others spiritually? Do you want to follow the Spirit's movements when you facilitate a day of prayer, teach a class, lead a small group, or simply attend to a friend or family member?

Spiritual Direction is a ministry that helps us to give a contemplative ear to God's Spirit. The listening ear of our director accentuates our personal presence to the graces we are receiving. This practice of receiving direction strengthens us for demanding stretches of the road and enables us to make decisions with greater freedom. By caring for ourselves through spiritual direction, we position ourselves to serve others more fully. Indeed, by having another person listen with us for God's voice, we open our ears to do the same for others.

Some Practical Notes and Proposals:

How frequently can or should I meet with my director?

We recommend meeting with your director at least once a month. Indeed, JST students and Renewal Program participants in particular might benefit from still more frequent sessions of direction. Your time at JST will be both a rich period and finally a brief one. To draw as much from this moment of community, study, and prayer, you may find that you cooperate with God's Spirit more wholeheartedly when supported by more frequent spiritual direction.

Thus, the JST will fund any community member's reception of direction from an approved director for up to eight sessions in one term.

Suggested steps to establishing a relationship with a director:

At any point, you are invited to connect with Stephen Szolosi (Office 104 / sszolosi@scu.edu) to discuss spiritual direction, your interest in it, any questions you have about it, and how you might proceed with establishing a relationship with a spiritual director.

Your discernment might begin with a review of this Catalog of Spiritual Directors. Look to see if someone seems like a potential fit for you and your hopes at this time in your journey.

After identifying a potential director, reach out to set up an initial meeting during which you can talk about your desire for direction and questions you may have, their practice of direction, and consider on what timeline you might meet and when.

Most directors can see at least a couple of directees and some few may see several. However, if the director you initially contact is in fact unavailable to serve an additional directee, come back to the directory and look again. All of the directors identified here are gifted and capable of furnishing you caring accompaniment!

After some meaningful number of conversations, you and your director might then choose to "go to the balcony" so that you can survey how things are going.

A Prayer to Support those Discerning Direction

Loving God, you are my constant companion,
you know my needs before I do.

I desire to grow in my relationship with you,
and this desire itself is a sign of your love for me.

Let your Spirit guide me to recognize someone
who can help me along my way.

The Jesuit School of Theology is grateful to have a catalog of gifted spiritual directors to serve our community.

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BEDE HEALEY, OSB Cam, Ph.D.



Hello, I am Father Bede Healey, a Camaldolese Benedictine monk, and Prior of Incarnation Monastery here in Berkeley, California. You can call me "Bede."

Before coming to Berkeley, five years ago, I was at New Camaldoli Hermitage, in Big Sur, for twenty years. There I served in various capacities, including Formation Director, Oblate Chaplain, Spiritual Director and Vice Prior. Before transferring to the Camaldolese, I was a monk at St Benedict's Abbey in Kansas for fifteen years, where I held positions in formation and teaching.

I am also a licensed clinical psychologist. In my role as a psychologist, I offer psychological assessment, consultation, and treatment. I earned my doctorate at Adelphi University in New York. Before transferring to the Camaldolese, I worked at the Menninger Clinic, where I was a staff psychologist and the Director of the Division of Religion and Psychiatry.

Since coming to Berkeley, I have been involved in sabbatical programs associated with the Graduate Theological Union (GTU), offering classes, workshops and spiritual direction. The JST Renewal Program provides a wonderful opportunity to explore oneself more deeply, re-tool, and perhaps repair, so as to experience the fullness of ourselves and God, and take that to our lives, communities, and ministries. And this is where I come in, as a Spiritual Director. As a Camaldolese Benedictine, I place great value on listening, and work with people so they can be ever more alive, real, and free, with, of course, God's help!

Please be in touch if you have any questions or if you would like to meet for Spiritual Direction.

- **In person or remote**
- **Contact: (831) 238-4901; BedelHealey@gmail.com**
- **Available to Serve: JST Students, Faculty and Staff, Renewal Program Participants**

BETH LIEBERT



Beth is teaching the course on discernment this fall semester. Her off-site location is only 6 blocks from JST, so an easy walk.

Beth is an spiritual director who can draw on long experience serving students at the JST. She brings a wealth of insight as a professor of spirituality, a formator within her religious order, author on discernment, and from her long-practice of spiritual direction.

- In person or remote
- Contact: elizabeth_liebert@redlands.edu or 415-456-8234
- Available to Serve: JST Students, Faculty and Staff, Renewal Program Participants

BRUCE LESCHER



Greetings! You can call me Bruce.

I grew up in Ohio, in the midwestern part of the U.S. After high school, I joined the Brothers of Holy Cross, and was involved in high school teaching, social justice work, and formation ministry. So I have a deep understanding of religious life. With the support of my community, I eventually discerned that God was calling me to a different life, and have now been married to Clare Ronzani (another of your spiritual directors!) for twenty years

I received a Ph.D. in Christian Spirituality from the Graduate Theological Union in 1991. In 1998, I returned to Berkeley to be the director of the sabbatical program at the Jesuit School of Theology, a position in which I served for ten years. During that time I also taught courses in spirituality. In 2008, the school asked that I serve as Associate Academic Dean, which I did until 2016, also teaching part time. Most recently, I was called back as director of the sabbatical in 2017-18, after which I retired.

My training in spiritual direction came from the courses I took as a student. But, more especially, during my studies I was often asked to serve as a retreat director for the sabbatical program, so I also learned from conversations with other retreat team members as well as my own experience. Having been at the Jesuit School for twenty years, I have imbibed some Ignatian spirituality, though I also feel comfortable with other models of direction. As noted, I have worked closely with and been inspired by many sabbatical participants over the years.

In retirement, I enjoy more time for reading, for learning about photography as a new hobby, and riding my bicycle. I also have more time to pray!

Let me end with an image: Years ago, one cold Spring morning, I was jogging along a river. My breath was coming out in huge puffs that hung briefly in the air. When the sun began to rise, the sunlight refracted through my breath in rainbows. I realized that a rainbow (a sign of God's presence) is contained in each breath, but it takes special conditions to see it. I believe that spiritual direction can provide an environment in which we can find the presence of God that we might otherwise not notice.

For additional insight into Bruce's ministry, please review this [google document](#).

- **Meet online or in person, depending upon your preference.**
- **Contact: blescher@scu.edu; phone in the US: 510-914-8408**
- **Available to Serve: Faculty and Staff, JST Students, Renewal Program Participants**

CLARE RONZANI



As you begin your time of renewal at JST, I am honored to be part of the group of spiritual directors. Many years ago I participated in the JST renewal program, which opened me up in many ways -- personally, spiritually, ministerially, theologically. It also opened up my future ministry at the Jesuit School, as teacher, spiritual director, and co-director of the renewal/sabbatical program for many years. I have continued to be involved with the program in various ways since that time.

In my experience as both director and directee, spiritual direction involves the whole of our human/spiritual experience. The Holy One meets us where we are. As director, I try to listen from the heart and respond deeply, sometimes with a question, or an observation, or an invitation to further exploration. Trusting the Spirit is of the essence for both of us.

Personally, I am touched by the power of images to evoke insight and meaning. Since images can sometimes express more than words, I offer the following image for spiritual direction, perhaps especially in a time of renewal/sabbatical. The image is that of *weaving*.

The process of weaving requires strong threads to serve as a foundation for the design that is created. *Spiritual direction is about tending to the strong foundation of our spiritual life.*

Weaving also requires the ability to integrate varied colors and textures (both knotty and smooth), knowing when to focus on one texture or color, what to accentuate, and what to simply let blend in with the rest. *Spiritual direction is like that: noticing what calls for attention, focus, integration (the knotty with the smooth!)...and discerning how God's Spirit moves in the overall design of one's life.*

My favorite discovery in any weaving is finding the "spirit line"...often represented by an irregularity or unintended "imperfection" that symbolizes openness to spirit. *In spiritual direction, it is often what we perceive to be our weakness that in fact is the opening where Spirit enters...*

For now, I wish you growth and joy in your time of sabbatical renewal!

- **Weekday availability, flexible; comfortable using zoom.**
- **Contact Info: cronzani@scu.edu; 510-504-8441.**
- **Available to Serve: Renewal Program Participants**

HEIDI KALLEN



Formed in the Ignatian tradition, I first started offering spiritual accompaniment to undergraduate students in 2010. I have received formal training in spiritual direction through the Jesuit School of Theology's Spiritual Direction Practicum. I recently graduated from the Pierre Favre program, a 3-year program focused on learning to direct the Spiritual Exercises. Last year, I began directing the Spiritual Exercises in Daily Life. I have experience directing silent retreats, including 8-day silent retreats. I have lived in El Salvador, Peru and the Philippines, working in Jesuit higher education. My time in these countries has deeply influenced my spirituality and my faith. I look forward to the opportunity to accompany students at JST who are interested in deepening their relationship with God and open to sharing their religious experience. I'm fluent in Spanish and capable of offering spiritual direction in that language.

- **In Person at JST, By videoconference**
- **Contact: hkallen@scu.edu or (949) 432-0221**

Available to Serve: JST Students (apart from MDIV students), Faculty and Staff

JENNY GIRARD MALLEY



It is exciting that you are here today to learn about spiritual direction as you seek someone to walk with on this journey. Through my own spiritual direction experiences, I have been blessed by the gift of having someone who fully listens and reflects back to me what I share and explore in sessions. I was raised within the Catholic Christian faith tradition alongside my family's active engagement with the Jewish heritage passed to me by my ancestors. I have been a Spiritual Director since 2008 and have an active private practice in Emeryville/Oakland/Berkeley.

I offer spiritual direction with an inclusive and open style of engagement. I have worked closely with many people in the midst of discerning a life change or choice–vocation decisions, life transitions and shifting goals in career or family life.

As a former Jesuit Volunteer, I have walked with many current and former full-time volunteers as they process their experience of social justice action within their own heart and spirit. I offer direction to people of all religious backgrounds, and ages, from 18–80 or beyond. I especially welcome anyone who may feel nervous to enter spiritual direction because they have experienced persecution or judgement within the Church or broader community because of sexual identity, race, immigration status or gender. I offer to you a space of deep welcome. Helping you find a place to grow in your spiritual development is at the core of why I am a spiritual director.

I have a BS from Santa Clara University, a MA Theology from University of San Francisco and my Spiritual Director Certification from Mercy Center Burlingame. I am currently the Assistant Dean of Student and Community Life at the Jesuit School of Theology.

Please reach out with inquiries or questions.

- **In Person at JST, By videoconference**
- **Contact: jgirardmalley@scu.edu or (415) 254-0779**
- **Available to Serve: Students, Faculty and Staff, Renewal Program Participants**

JOANN HEINRITZ, CSJ



Joann is a Sister of St. Joseph of Carondelet in the Los Angeles Province. She has ministered in the sabbatical program at the Jesuit School of Theology in Berkeley as spiritual director, retreat director and instructor for over 20 years. She also serves as Director of Temporary Professed Sisters in her Congregation.

Having completed Masters degrees in Theology at Collegeville, MN, and Spirituality at the Jesuit School of Theology in Berkeley, and been certified as a Massage Practitioner at the Care Through Touch Institute, Joann incorporates in her ministry of spiritual direction, retreats and teaching a passion for embodied spirituality and holistic well-being. She has given retreats both nationally and internationally, empowering individuals and groups to explore ways to become whole and holy.

Available via Zoom, Facetime, What's App, or Skype at a time negotiable with schedules .

- In person or remote
- Contact: joannheinritz@comcast.net or 510-856-7056
- Available to Serve: Renewal Program Participants

LAURA BENNETT



Grounded in the promise of God's abiding love, I see spiritual direction as the accompanying of another to notice the Divine, the Holy, in everyday life. The Spiritual Exercises of St. Ignatius have been foundational in my own spiritual journey and inform my work as a director – creating a space for looking at what is stirring in the other. I have walked with a people from many different faiths, ages, and orientations.

- **In Person at JST, By videoconference**
- **Contact: lwbenett4@gmail.com or (510) 220-6666**
- **Available to Serve: JST Students, Faculty and Staff, Renewal Program Participants**

MARTIN CONNELL, SJ



Marty has been serving as a spiritual director since the late 1990s. In addition to courses in spirituality, he did the practicum in spiritual direction and has made use of supervision and peer supervision.

He wrote, "I see the job of the SD as helping people to articulate their religious experience. I try to be disciplined in not being the "sage" who dispenses advice.

In my experience as a director, I've had directees from a variety of backgrounds and circumstances."

- In person
- Contact: mconnell@scu.edu / 1-773-750-7384
- Available to Serve: JST Students, Faculty and Staff, Renewal Program Participants

MARY PAT WHITE, RSCJ



Mary Pat White is a Religious of the Sacred Heart who has been a spiritual director for 15 years. She has a BA degree in Creation Spirituality, from the Holy Names University, Oakland and was trained as a spiritual director at Center Point Spiritual Direction Program in Santa Barbara. She saw students for spiritual guidance as a campus minister for 17 years and served as Vocation Director of the United States / Canada Province of the Society of the Sacred Heart for 6 years. More recently, she taught in the Franciscan Spiritual Direction Formation Program in Boston from 2017-2019. Mary Pat sees directees at her home at **2542 Hilgard Avenue in Berkeley, CA.**

- In person
- Contact: mwhite@rscj.org /
- [Brochure](#)

- Available to Serve: JST Students, Faculty and Staff, Renewal Program Participants

PATTY JIMENÉZ



I have 27+ years experience in parish/diocesan ministry and academia. I am trained and have a certificate as a Franciscan Spiritual Director but have also trained to serve various spiritual traditions. I have an MTS and am MA in Ministry for a Multicultural Church (from the Franciscan School of Theology when it was part of GTU), and a DMin specializing in Hispanic/Latino Ministry and Theology from Barry University in Miami. I currently serve as a consultant in Hispanic, Intercultural, and Digital Ministry for the USCCB and the Mexican American Catholic College. I have taught at JST's Instituto Hispano for many years and am currently developing one module on Latinx Theology for an Intercultural Theology course for the Franciscan School of Theology. I am also training as an integrative wellness coach and am certified as a mindfulness coach. I am a Lay Latina raised in the US and a contemplative. I am passionate about serving Latinas but am open to anyone seeking spiritual direction. You can read more about me here - <https://recetonas.com/sd/>

- **By videoconference**
- **Contact:** drjimenez@recetonas.com or (559) 908-4019
- **Website:** <https://recetonas.com/sd/>
- **Available to Serve:** JST Students, Faculty and Staff

STEPHEN SZOLOS



Before arriving in Berkeley, I served for 12 years in campus ministry at a Jesuit high school in Washington D.C. My ministry often focused on supporting groups of students and adults on retreats, during their service, in harried moments before a large liturgy, and at meetings of all kinds. My hope was to be present to the deeper dynamics of the Exercises in all things—discerning false movements from those of the good Spirit, noting graces sought and received, navigating a passage from fear to love, from gratitude to generosity.

While my family and Catholic school education helped me to learn to pray, I tried to strip away my faith when at college and found that God deepened it in me. Looking back on my undergraduate years studying Creative Writing and Philosophy, I see that good professors, literature, long periods camping, and kind friends were the Spirit's agents. They inspired a decision to earn a Masters degree studying systematic theology and spirituality at St. John's University in Collegeville, MN. That time reintroduced me to Christian community. I learned things about prayer by praying with a convert's zeal, attending the monastery's liturgy, and especially a course in lectio divina.

Since then, I have received training to offer the Exercises in the Peter Faber program (Holy Trinity Parish, DC) and at the Jesuit Centre in Guelph. A summer at St. Benedict's Monastery permitted me to receive guidance in centering prayer from Thomas Keating and other Trappists. Jesuits and their colleagues have been my continual companions since my novitiate (2006–2008). My wife Amy and our dog Grover teach me about love and God's goodness daily.

If I can accompany you for some stretch of your walk, I would hope to do so in ways that reflected my presence to how God is walking with you.

- **In person, by videoconference**
- **Contact: sszolos@scu.edu / Office 104**

- **Available to Serve: JST Students, Faculty and Staff**