Spiritual Direction is one of the most important things you can do for yourself. It is a conversation with an experienced spiritual guide about one’s spiritual journey, relationship with God, prayer, and the integration of one’s faith and life. It helps you become more aware of God’s presence and invitation in your life. If you have a desire for deeper relationship with God, want to develop your prayer life, discern a decision, explore a vocational call, or are simply looking for guidance in your faith life or spiritual journey no matter where you are on that journey, spiritual direction may be for you. Paying attention to God with the help of a spiritual companion can make an important difference in all areas of your life. Spiritual Direction is open to all students, faculty and staff regardless of church affiliation or faith tradition.

Finding the “right” Spiritual Director for you is an important part of the Spiritual Direction process. Here are some suggestions to help you with your search:

1. Ask yourself what needs the most attention in your spiritual life right now: prayer life, relationship with God, vocational discernment, relationships, family issues, integrating faith into your daily life, and so on?

2. Next, who do you prefer to talk with: A priest? A sister? A layperson?

3. Then, look over our list of spiritual directors, read through their biographies, and see who is a potential good “fit” for you.

4. If you need assistance finding a spiritual director, please contact Fr. Frank Murphy, C.S.C., at fmurphy4@nd.edu or (574) 631-5242. Or, you may also choose one, two, or more directors to email directly and set up an initial meeting. They will not be surprised to receive your email! And just because you reach out to them does not mean you have to choose them. When you meet them, ask about their approach to spiritual direction (each director brings his or her own unique style and method to direction). They will also ask you questions about what you are looking for and get to know you better as well.

5. After you meet the directors, choose one and set up your first OFFICIAL spiritual direction meeting. Sometimes it takes a little while to feel totally comfortable with one another. Good relationships take time and the building of trust so be patient. It will be worth it.
At Notre Dame we are blessed to have many students seeking direction in their lives, and many generous staff who are willing to be guides for them. Some of these guides are professionally certified Spiritual Directors, and others have a pastoral background in guiding young people on their journeys of faith. Those who are professionally certified have asterisks by their names on this page. This certification is also noted in the bottom of their biography boxes next to their pictures.

Kayla August  
Mimi Beck  
Scott Boyle  
Rev. Jeffrey Cooper, C.S.C.*  
Rev. Joe Corpora, C.S.C.  
Rev. Mike DeLaney, C.S.C.  
Rev. Lou DelFra, C.S.C.  
Liz Detwiler*  
Allie Greene  
Allyse Gruslin  
Rev. Greg Haake, C.S.C.  
Sr. MJ Hahner, CSFN*  
Sarah Heiman  
Rev. John Herman, C.S.C.  
Rev. Matthew Hovde, C.S.C.  
Jessica Keating  
Katy Lichon, Ph.D.  
Rev. Bob Loughery, C.S.C.  
Sr. Mary Lynch, SSJ*  
Rev. Pete McCormick, C.S.C.  
Colleen Moore  
Rev. Rob Moss, C.S.C.  
Rev. Frank Murphy, C.S.C.  
Darrell Paulsen  
Brett Perkins  
Andrew Polaniecki  
Rebecca Ruvalcaba  
Rev. John Santone, C.S.C.  
Tami Schmitz*  
Megan Shepherd*  
Mamie Smith  
Mike Urbaniak  
Kayla August
Title: Assistant Director of Evangelization
Education: Loyola University, New Orleans
Contact: kaugust@nd.edu
Areas of Specialty: Pastoral counseling, Ignatian spirituality, ability to assist in moments of consolation and desolation
Availability: Open to all for ongoing spiritual direction

Mimi Beck
Title: Program Director, Graduate Student Life
Hometown: San Antonio, TX
Education: Master of Theological Studies, University of Notre Dame; Bachelor of Arts in Religious Studies, University of the Incarnate Word
Contact: mbeck1@nd.edu
Availability: Staff and faculty

Scott Boyle
Title: Assistant Director, Notre Dame Vision
Hometown: Cincinnati, OH
Education: B.A, M.A (Theology), University of Notre Dame
Contact: sboyle2@nd.edu
Areas of Specialty: Postgraduate discernment, relationships
Availability: Open to undergraduate students for one time or ongoing spiritual direction
Rev. Jeffrey Cooper, C.S.C.
Title: Director of Postulants, Moreau Seminary
Hometown: Botkins, Ohio
Education: B.A. M.Div. Notre Dame, M.A. Miami University (Ohio) Ph.D. (Christian Spirituality) Graduate Theological Union
Contact: jcoope14@nd.edu
Areas of Specialty: Contemplative Prayer, Identity Formation, Vocation Discernment, Monastic Spirituality, Mysticism
Availability: One time and on-going direction
*Certified Spiritual Director

Rev. Joe Corpora, C.S.C.
Title: Coordinator of Student Care, Campus Ministry; Director, University-School Partnerships, ACE
Hometown: Easton, Pa.
Education: M. Div. (Notre Dame)
Contact: jcorpora@nd.edu
Availability: Open to all for ongoing spiritual direction

Rev. Mike DeLaney, C.S.C.
Title: Director, Holy Cross Mission Center
Hometown: Skaneateles, NY
Education: M. Div. (Notre Dame)
Contact: delaney.21@nd.edu
Areas of Specialty: Multicultural and international experience; Spanish and Portuguese speaking
Availability: Open to all for one time or ongoing spiritual direction
Rev. Lou DelFra, C.S.C.
Title: Director of Pastoral Life, Alliance for Catholic Education (ACE)
Education: M. Div. (Notre Dame)
Contact: delfra.2@nd.edu
Availability: Open to all for one time or ongoing spiritual direction

Liz Detwiler
Title: Rector, Walsh Hall
Hometown: St. Louis, MO
Education: M.Div (Boston College)
Areas of Specialty: Seekers, Trauma, Grief/Loss, Illness, LGBTQ
Contact: elizabeth.a.detwiler.6@nd.edu
Availability: Open to undergrads for one-time or on-going spiritual direction.
*Certified Spiritual Director

Allie Greene
Title: Assistant Director of Liturgy, Campus Ministry
Hometown: Canton, MI
Education: B.A. Religious Studies (Saint Mary's College), M.Ed (Notre Dame)
Contact: agreene4@nd.edu
Areas of Specialty: Discernment, relationships, prayer
Availability: Undergraduate students
Allyse Gruslin
Title: Rector, Ryan Hall
Hometown: Pawtucket, RI
Education: M.Div (Notre Dame)
Contact: agruslin@nd.edu
Availability: Available to all for one time or ongoing spiritual direction

Rev. Greg Haake, C.S.C.
Title: Assistant Professor of French
Hometown: Kansas City, Mo.
Education: B.A., M. Div. (Notre Dame), M.A., (Middlebury College), Ph.D. (Stanford University)
Contact: ghaake@nd.edu (574) 631-0460
Areas of Specialty: Vocational discernment
Availability: Open to all for one time or ongoing spiritual direction

Sr. MJ Hahner, CSFN
Title: Rector Pasquerilla West Hall
Hometown: Pottsville, Pa.
Education: B.A., Elementary Education (Holy Family University), M.A., Administration (Villanova University), M. Div. (Catholic Theological Union)
Contact: mhahner@nd.edu (574) 631-5740
Availability: Open to all for one time or ongoing spiritual direction
*Certified Spiritual Director
Sarah Heiman  
**Title**: Rector, Lyons Hall  
**Hometown**: Chester, Neb.  
**Education**: B.A., Religious Studies, M.Div. (Yale University)  
**Contact**: sheiman@nd.edu or (574) 631-6575  
**Areas of Specialty**: Interfaith  
**Availability**: Open to all students for one time or ongoing spiritual direction

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Rev. John Herman, C.S.C.  
**Title**: Rector of Moreau Seminary  
**Hometown**: Trenton, Michigan  
**Education**: Bachelor of Civil Engineering, Master of Divinity  
**Contact**: jherman9@nd.edu  
**Areas of Specialty**: Bilingual (Spanish/English)  
**Availability**: Undergrads, grad students, staff, and faculty

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Rev. Matthew Hovde, C.S.C.  
**Title**: Rector, Zahm Hall; Campus Ministry Chaplain  
**Hometown**: Miami, Florida  
**Education**: B.A., M.Div. (Notre Dame)  
**Contact**: mhovde@nd.edu  
**Areas of Specialty**: Vocational Discernment  
**Availability**: Undergrads and Grad Students
Jessica Keating
Title: Program Director of Human Dignity and Life Initiatives.
Hometown: Potomac, Md.
Education: M. Div., Theology Ph.D. student
Contact: Jessica.F.Keating.34@nd.edu (574) 631-9781
Areas of Specialty: Ignatian spirituality
Availability: Open to all for one time or ongoing spiritual direction

Katy Lichon, Ph.D.
Title: Faculty, Alliance for Catholic Education Service through Teaching and ACE English as a New Language Program
Hometown: League City, Texas
Education: B.B.A., Marketing and Management (Baylor University), M.A., Education (Notre Dame), Ph.D. (SMU)
Contact: kwalter5@nd.edu
Availability: Open to undergraduate students for one time or ongoing spiritual direction

Rev. Bob Loughery, C.S.C.
Title: Rector, Sorin Hall
Hometown: Indianapolis, Ind.
Education: B.A., Architecture, M. Div. (Notre Dame)
Contact: rlougher@nd.edu or (574) 631-1287
Availability: Open to all; late morning and afternoon availability for one time or ongoing spiritual direction
Sr. Mary Lynch, SSJ
Title: Rector, McGlinn Hall
Education: M.A., Holistic Spirituality and Spiritual Direction (Chestnut Hill College), M.A., Liturgical Studies (Notre Dame)
Contact: Mary.Lynch.71@nd.edu
Availability: Open to all for ongoing spiritual direction
*Certified Spiritual Director

Rev. Pete McCormick, C.S.C.
Title: Director, Campus Ministry
Hometown: Grand Rapids, Mich.
Education: B.S., Biology, M. Div., MBA (Notre Dame)
Contact: pmccorm1@nd.edu
Availability: Open to undergraduate students in the afternoon for one time spiritual direction

Colleen Moore
Title: Director, Echo Program, McGrath Institute for Church Life
Hometown: South Bend, IN
Education: B.A., M.Div., (Notre Dame)
Contact: cmoore@nd.edu
Areas of Specialty: Art & Spiritual Practice, Chronic Illness, Transition to/from International Service, Contemplative & Pragmatic, Grief
Availability: Open to undergraduates and graduate students for one time or ongoing spiritual direction
Rev. Rob Moss, C.S.C.
Title: Spiritual Director and Confessor at Moreau Seminary
Hometown: Helena, Mont.
Education: M.A., European Studies, M.Th. (Notre Dame), M.A., Counseling, M.Ed. (Loyola, Chicago)
Contact: rmoss@holycrossusa.org, (574) 631-8403
Availability: Open to all students for ongoing spiritual direction

Rev. Frank Murphy, C.S.C.
Title: Coordinator of Faculty Chaplaincy and Pastoral Care, Campus Ministry
Hometown: Evanston, Ill.
Education: B.A., M. Div. (Notre Dame)
Contact: fmurphy4@nd.edu, (574) 631-5242
Areas of Specialty: Prayer, discernment, Ignatian spirituality
Availability: Open to all for one time or ongoing spiritual direction

Darrell Paulsen
Title: Director of Development
Hometown: Auburn, Mass.
Education: B.A., Psychology, Religious Studies, M.A., Rehabilitation Counseling (Assumption College), M.Div. (Notre Dame)
Contact: Darrell.R.Paulsen.1@nd.edu
Availability: Open to all for one time or ongoing spiritual direction
Brett Perkins
Title: Assistant Director, Sacramental Preparation, Campus Ministry
Hometown: Cerro Gordo, Ill.
Education: B.B.A., M.A. Theology (Notre Dame)
Contact: brett.perkins@nd.edu
Areas of Specialty: Building relationship with Jesus, questions about Christianity/Catholicism, discerning becoming Catholic
Availability: Open to all for one time or ongoing spiritual direction

Andrew Polaniecki
Title: Director of Campus Ministry, Holy Cross College
Hometown: Chicago, Ill.
Education: B.A., Philosophy and Environmental Science (Notre Dame), M.A., Religious Studies (Loyola, New Orleans)
Contact: apolaniecki@hcc-nd.edu, (574) 239-8315
Areas of Specialty: Relationships, Vocational discernment
Availability: Open to all for one time or ongoing spiritual direction

Rebecca Ruvalcaba
Title: Assistant Director of Multi-cultural Ministry, Campus Ministry
Hometown: South Bend, IN
Education: Psychology, BA; MDiv
Contact: rebecca.ruvalcaba.4@nd.edu
Areas of Specialty: Bilingual (Spanish/English)
Availability: Undergrads and grad students
Rev. John Santone, C.S.C.
Title: Adjutant Judicial Vicar, Diocese of Fort Wayne-South Bend
Hometown: Waterbury, Conn.
Education: B.A., Philosophy, M.Div., Theology, J.C.L., Canon Law
Contact: john.m.santone.4@nd.edu, (574) 631-8285
Availability: Open to undergraduate and graduate students for ongoing spiritual direction throughout the week from 1-7 p.m.

Tami Schmitz
Title: Associate Director, Pastoral Care, Campus Ministry
Hometown: Forestville, Wis.
Education: B.A. (St. Norbert College), M.A. (Loyola, Chicago), Spiritual Direction Certification (Creighton University)
Contact: Schmitz.8@nd.edu
Areas of Specialty: Ignatian spirituality, grief, discernment
Availability: Open to all for one time or ongoing spiritual direction
*Certified Spiritual Director

Megan Shepherd
Title: Program Director, Notre Dame Vision
Hometown: Pittsburgh, Pa.
Education: B.S., Pre-professional Studies and Theology, M.Div. (Notre Dame)
Contact: mshephe2@nd.edu
Areas of Specialty: Ignatian spirituality
Availability: Open to all for one time or ongoing spiritual direction
*Certified Spiritual Director
Mamie Smith
Title: Rector, Pasquerilla East Hall
Hometown: Watertown, Wis.
Education: M.Div. (Notre Dame)
Contact: msmith48@nd.edu, (574) 631-7200
Areas of Specialty: Ignatian spirituality, vocational discernment, Marian spirituality
Availability: Open to all for one time or ongoing spiritual direction

Mike Urbaniak
Title: Assistant Director, Leadership Formation, Campus Ministry
Hometown: Toledo, Ohio
Education: B.A., Theology, M.Div. (Notre Dame)
Contact: murbania@nd.edu
Availability: Open to all for one time or ongoing spiritual direction

Title: Director, Office of Vocations
Hometown: South Bend, Indiana
Contact: neil.f.wack.11@nd.edu
Areas of Specialty: discernment of any sort, but especially for vocations to the priesthood and religious life
Availability: Open to all for one time or ongoing spiritual direction
Walk with me, good and loving God, as I journey through life.

May I take your hand and be led by your Holy Spirit.

Fill me, inspire me, free me to respond generously to your call.

For I believe you desire my deepest joy, and it is only in your company that my soul will be satisfied and my life will find its meaning and purpose.

Amen.