SPIRITUAL DIRECTION

Spiritual Direction // Pastoral Support
University of Notre Dame
2018 - 2019
FINDING A DIRECTOR

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 Mike Urbaniak at murbania@nd.edu or (574) 631-8508. 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.

- Dan Allen
- 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*
- Mary C. Gallagher*
- Allie Greene
- Sarah Heiman
- Rev. John Herman, C.S.C.
- Rev. Matthew Hovde, C.S.C.
- Katy Lichon, Ph.D.
- Rev. Bob Loughery, C.S.C.
- Sr. Mary Lynch, SSJ*
- Rev. Pete McCormick, C.S.C.
- Colleen Moore
- Rev. Frank Murphy, C.S.C.
- Darrell Paulsen
- Brett Perkins
- Andrew Polaniecki
- Rev. Christopher Regahen, C.S.C.
- Rebecca Ruvalcaba
- Christian Santa Maria
- Tami Schmitz*
- Megan Shepherd*
- Rachelle Simon
- Mamie Smith
- Eric T. Styles*
- Megan Urbaniak
- Mike Urbaniak
Dan Allen
Title: Spirituality Program Director, Notre Dame Alumni Association
Hometown: Hays, Kansas
Education: B.A. in Psychology and Philosophy, M.Div., Notre Dame
Contact: dallen3@nd.edu
Areas of Specialty: Relationships, vocational discernment, marriage and family life, Franciscan spirituality
Availability: Open to all for one time or 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

Mary C. Gallagher
Title: Retired Chaplain
Education: BSN (Barry University, Miami FL), MA Theology (Notre Dame), CPE
Contact: pilgrimmcg@gmail.com
Availability: One time or ongoing Spiritual Direction for undergrads, grad students, staff, faculty
*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

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

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
Rev. Matthew Hovde, C.S.C.
Title: Rector, Zahm Hall
Hometown: Miami, Florida
Education: B.A., M.Div. (Notre Dame)
Contact: mhovde@nd.edu
Areas of Specialty: Vocational Discernment
Availability: Undergrads and Grad Students

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*

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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

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Colleen Moore

**Title:** Director, Formation & Program  
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:** Contemplative & Pragmatic, Chronic Illness, Grief, Transition to/from International Service, Art & Spiritual Practice  
**Availability:** Open to graduate students for one time or 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
Areas of Specialty: Relationships, Vocational discernment
Availability: Open to all for one time or ongoing spiritual direction

Rev. Christopher Rehagen, C.S.C.
Title: Rector, O’Neill Family Hall
Hometown: Jefferson City, MO
Education: B.A., M. Div. (Notre Dame)
Contact: crehagen@nd.edu
Areas of Specialty: Pastoral Counseling, Vocational Discernment
Availability: Open to undergraduate students 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
Christian Santa Maria

Title: Asst. Director of Retreats and Pilgrimages
Hometown: Walnut, CA
Education: BA Broadcasting (Gonzaga University), MA Theology and Ministry (Boston College)
Contact: santamaria@nd.edu
Areas of Specialty: Ignatian Spirituality
Availability: Open to undergraduates for ongoing spiritual direction

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
Rachelle Simon
Title: Rector, Lewis Hall
Hometown: Sedalia, Missouri
Education: Master of Counseling (Villanova), Master of Divinity (Boston College)
Contact: rsimon3@nd.edu
Areas of Specialty: Vulnerable relationship with God, Images of God, vocational discernment, LGBTQ
Availability: Open to all for one-time or ongoing spiritual direction

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

Eric T. Styles
Title: Rector, Carroll Hall
Hometown: Chicago, IL
Education: B.F.A., Electronic Media, (U. Cincinnati); M.A., Philosophy/Theology (Loyola Chicago)
Contact: estyles@nd.edu
Areas of Specialty: Ignatian Spirituality
Availability: Open to all; late morning and afternoon availability for one time or ongoing spiritual direction
*Certified Spiritual Director
Megan Urbaniak
Title: Coordinator of Ministries for the Basilica of the Sacred Heart
Hometown: Mansfield, OH
Education: B.A., Zoology, M.Div. (Notre Dame)
Contact: megan.urbaniak@nd.edu
Areas of Specialty: relationships, vocational discernment
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
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.