SPIRITUAL DIRECTION

Spiritual Direction // Pastoral Support
University of Notre Dame
2020 - 2021
**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.
Dan Allen
Title: Associate Director of Spirituality and Service, 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

Rev. Tom Bertone, C.S.C.
Title: Chaplain to the Sisters of Holy Cross, Formation Staff, Moreau Seminary
Hometown: Brooklyn, NY
Education: M.Div. (Notre Dame), MSW (Catholic University)
Contact: tbertone@holycrossusa.org
Areas of Specialty: Grief, Life transitions, Sexual Orientation and Faith
Availability: Open to all for one time or ongoing spiritual direction
Scott Boyle
Title: Associate Director, Recruitment and Formation, ECHO & 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. 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

Katie Diltz
Title: Associate Director, ECHO
Hometown: Glenview, IL
Education: B.A. Secondary Education & Theology (Marquette), M.A. Theology (Notre Dame)
Contact: katiediltz@nd.edu
Areas of Specialty: Discernment, relationships, prayer
Availability: Open to all for one time or ongoing spiritual direction
Marianne FitzGerald
Title: Program Manager, Mission Engagement and Church Affairs
Hometown: Boston, MA
Education: M.Div. (Harvard), Ph.D. Theology (Boston College)
Contact: mfitzg14@nd.edu
Areas of Specialty: Marriage and family life, relationships
Availability: Open to undergraduate students for one time or ongoing spiritual direction

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 Liturgical Formation, 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
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 ongoing spiritual direction

Beth Hlabse
Title: Mental Health Counselor, Cornerstone Family Therapy
Hometown: Cody, WY
Education: M.S., Counseling, Divine Mercy University (ongoing); B.A., Theology and Peace Studies, Notre Dame
Contact: beth.hlabse@nd.edu
Areas of Specialty: integrating care for mental and spiritual health
Availability: Open to all students 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

Liz Loughran
Title: Graduate Career Consultant
Hometown: South Bend, IN
Education: B.S. Biochemistry, Ph.D. Biomedical Sciences (Notre Dame)
Contact: loughran.11@nd.edu
Areas of Specialty: Ignatian spirituality, ecumenism, charismatic prayer, postgrad/career discernment
Availability: Open to undergraduate students for one time or ongoing spiritual direction

Sr. Mary Lynch, SSJ
Title: Rector, McGlinn Hall
Hometown: Philadelphia, PA
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, 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: Faculty Chaplain and Coordinator of Spiritual Direction
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 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, Evangelization & Religious Education, 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

Tim Pisacich
Title: Associate Director, ECHO  
Hometown: Waterford, CT
Education: B.A. Political Science (Providence), M.Div. (Notre Dame)
Contact: tpisacic@nd.edu
Availability: Open to all for one time or ongoing spiritual direction
Andrew Polaniecki
Title: Dean of Students, Holy Cross College
Hometown: Chicago, Ill.
Education: B.A., Philosophy and Environmental Science (Notre Dame), M.A., Religious Studies (Loyola, New Orleans), M.B.A. (Univ. of St. Francis, Joliet, IL)
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 Outreach, 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. Brogan Ryan, C.S.C.
Title: Rector, Keough Hall
Hometown: Columbus, OH
Education: BBA, ND in Accounting, M.Ed. (Notre Dame - ACE), M.Div. (Notre Dame)
Contact: bryan2@nd.edu
Areas of Specialty: Getting started in the spiritual life, prayer, pastoral counseling, vocational discernment
Availability: Open to all for one time or ongoing spiritual direction

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: Assistant Director of Community Standards
Hometown: Sedalia, MO
Education: Master of Counseling (Villanova), M.Div. (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

Eric T. Styles
Title: Rector, Carroll Hall
Hometown: Chicago, IL
Education: B.F.A., Elec. Media, (Cincinnati); M.A., Philo/Theo (Loyola Chicago)
Contact: estyles@nd.edu
Areas of Specialty: Ignatian Spirituality, cultural identity, vocational discernment, LGBTQ, questions about Catholicism
Availability: Open to all 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 (Ohio Wesleyan), 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 for Pastoral Care
Hometown: Toledo, OH
Education: B.A., Theology, M.Div. (Notre Dame)
Contact: murbania@nd.edu
Areas of Specialty: Relationships, Exploring Prayer, Men's Spirituality
Availability: Open to all for one time or ongoing spiritual direction

Rev. Rick Wilkinson, C.S.C.
Title: Director of Health Care and Wellness, US Province of Holy Cross
Hometown: Plymouth, NH
Education: B.A. Political Science (New Hampshire), M.Div. (Notre Dame)
Contact: rwilkinson@holycrossusa.org
Areas of Specialty: Seeking God in prayer and daily living
Availability: Open to undergraduate students
PRAYER FOR DISCERNMENT

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.