**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 Urbania 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

Kate Barrett
Title: Associate Director of Liturgy, Campus Ministry
Hometown: Evanston, IL
Education: B.A. Program of Liberal Studies (Notre Dame); M. Div. (Notre Dame)
Contact: kbarrett@nd.edu

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
Fr. Lou Delfra, CSC
Title: Director of Pastoral Life, Alliance for Catholic Education (ACE)
Education: M. Div. (Notre Dame)
Contact: delfra.2@nd.edu

Fr. Tom Bertone, CSC
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

Daniela De Ciantis
Title: Rector, Lewis Hall
Hometown: Toronto, Ontario
Education: Bachelor of Arts and Science (Theology, Italian, English (University of Toronto); Bachelor of Education (Ottawa University); M.Div. (Notre Dame)
Contact: ddeciant@nd.edu
Areas of Specialty: Post-gra discernment, relationships
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

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

Mary C. Gallagher
Title: Retired Chaplain
Education: BSN (Barry University, Miami FL), MA Theology (Notre Dame), CPE
Contact: pilgrimmcg@gmail.com

*Certified Spiritual Director
**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

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**Angie Hollar**

**Title:** Rector, Breen-Phillips Hall  
**Hometown:** Mishawaka, IN  
**Education:** B.A. Social Work (Saint Mary’s College); M.S.W. (University of Pennsylvania); M.Div. (Jesuit School of Theology of Santa Clara University)  
**Contact:** ahollar@nd.edu  
**Areas of Specialty:** LGBTQ+, questioning faith and religion

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**Fr. Robert Lisowski, CSC**

**Title:** Rector, Baumer Hall  
**Hometown:** Scranton, PA  
**Education:** B.A. Philosophy (St. John’s Univ), M. Div. (Notre Dame)  
**Contact:** Robert.Lisowski.4@nd.edu  
**Areas of Specialty:** LGBTQ, vocational discernment, contemplative prayer, pastoral conversations
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 for one time 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
Fr. Joe Pedersen, CSC
Title: Rector, Siegfried Hall
Hometown: Waterloo, IA
Education: B.A. Philosophy & Theology (Notre Dame), M.Div. (Notre Dame)
Contact: pedersen.8@nd.edu
Areas of Specialty: Discernment, prayer

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

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
Tim Pisacicich
Title: Associate Director, ECHO
Hometown: Waterford, CT
Education: B.A. Political Science (Providence), M.Div. (Notre Dame)
Contact: tpisacic@nd.edu
Areas of Specialty: Community, prayer

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

Rebecca Ruvalcaba
Title: Director of Pastoral Formation, Master of Divinity Program
Hometown: South Bend, IN
Education: Psychology, BA; MDiv
Contact: rebecca.ruvalcaba.4@nd.edu
Areas of Specialty: Bilingual (Spanish/English)
Fr. Eric Schimmel, CSC
Title: Rector, Dunne Hall
Hometown: Pittsburgh, PA
Education: B.A. Chemistry & Theology (Notre Dame); M.A. Theology (Notre Dame)
Contact: eschimm2@nd.edu
Areas of Specialty: Speaks Spanish

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
*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
*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

Allie Steiner
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

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
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

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
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.