

# Spiritual Directors

## **Barbara Dahl**

[barbaradah153@gmail.com](mailto:barbaradah153@gmail.com)

Phone: 317-384-9908

Barbara received certification from Grace Institute for Spiritual Formation in 2005, Benedict Inn Spiritual Direction Internship certification in 2013, and is a Veriditas Trained Labyrinth Facilitator since 2018. Barbara is an ordained Minister of Word and Sacrament in the ELCA.

## **Teri Ditslear**

[tditslear@gmail.com](mailto:tditslear@gmail.com)

Shalem Institute Class of 2021. Teri is an ordained Minister of Word and Sacrament in the ELCA and serves Roots of Life Community In Noblesville, IN.

## **Doug Givan**

[douggivan@yahoo.com](mailto:douggivan@yahoo.com)

Cell: 317-698-8472

Doug completed a Spiritual Direction Internship in 2004 at Benedictine Monastery in Beech Grove, IN. Doug is an ordained Minister of Word and Sacrament in the ELCA and serves St. Andrew Lutheran Church in Speedway, IN, and Faith Lutheran Church in Avon, IN.

## **Stan Peterson**

[ss\\_peterson\\_773@comcast.net](mailto:ss_peterson_773@comcast.net)

Stan's training was at Benedictine Center in Beech Grove, IN. He is an ordained Minister of Word and Sacrament of the ELCA who is retired.

## **Al Rider**

[the\\_riders@hotmail.com](mailto:the_riders@hotmail.com)

Al is certified as a spiritual director by an ecumenical program now called "Restoring Connections" but until recently was known as "Center for Spirituality at Work". It is based in Denver CO and Dublin, Ireland, and is grounded in a Vincentian Catholic base; it is one of the remaining legacies of the former St. Thomas Seminary in Denver. He was certified in 2005. Al is also a retired ordained Minister of Word and Sacrament in the ELCA (Gettysburg Seminary, 1977) and has the MA in Counseling from Eastern KY University (2000) with a focus on career and vocational development. He was a full-time practicing career counselor for 10 years and a parish pastor for over 30. Al shares: "My twin focus in spiritual direction is on: (1) group spiritual direction for engaged elders, and (2) individual direction for elders and for people of all ages who are facing vocational issues."

**Melissa Schroeder**

[melissaschroeder.direction@gmail.com](mailto:melissaschroeder.direction@gmail.com)

Melissa has a Spiritual Formation and Direction certification from Wellstreams. Wellstreams is a three-year formation and direction program offered through the Spirituality Network of Columbus, OH. She is an ACC Coach with the International Coaching Federation. She has coach training in Mission Development and Congregational Vitality and Discipleship Coaching through ELCA Coaching, Team Coaching through Summit Coaching and Behavioral Consulting. She is a certified End of Life and Grief Coach. She has completed Mediation Training for Church Leaders through the Lombard Mennonite Peace Center. Melissa is a Certified Holistic Fitness Specialist through the Trinity School of Natural Health. She is an Indiana Bankers Association's Leadership Development Program graduate and a former VP Retail Administrator at First State Bank. Melissa's website is [www.melissa-spiritualdirection.com](http://www.melissa-spiritualdirection.com)

**Julie Stegelmann**

[juliestegelmann@gmail.com](mailto:juliestegelmann@gmail.com)

Julie Stegelmann is an ordained Minister of Word and Service in the ELCA, serving as co-director of Pathways Retreat, Goshen IN. Julie holds a MA in Christian Formation from AMBS, in association with LTSG now ULS. Julie completed Spiritual Direction Training and Advanced Spiritual Direction Training from AMBS. Julie has additional training from the Enneagram Institute, Gestalt Pastoral Care, and is certified as a TRE Provider. TRE assists the body in releasing deep muscular patterns of stress, tension and trauma. In 2020, Julie completed Mediation Training for Church Leaders through the Lombard Mennonite Peace Center. With a deep appreciation for contemplative life and practice, Julie lives her contemplative commitment as a Lay Cistercian of the Abbey of Gethsemani.

**Jim Stuck**

[jimmystuck@gmail.com](mailto:jimmystuck@gmail.com)

Phone: 317-506-3277

Jim has a D.Min. in Spiritual Direction with many years of experience as an Ordained Minister of Word and Sacrament and Bishop in the ELCA. He has journeyed with many folks through the years by offering spiritual encouragement and friendship.

**E. Louise Williams**

[louise.williams@valpo.edu](mailto:louise.williams@valpo.edu)

Louise has a MA in Christian Spiritualities from Mundelein College, Chicago and continuing education through seminars and workshops. She has served on the leadership team for Michiana Spiritual Directors Network for 12 years, coordinating semi-annual programs for area spiritual directors. She is a participant in a monthly peer supervision group. She is a member of Spiritual Directors International. Louise is an ordained minister of Word and Service in the ELCA and is retired. Louise shares: "During the pandemic hold most of my spiritual direction sessions via Zoom. Most of the people with whom I meet are seminary students or people in active (or retired) ministry."

**Spiritual Directors International** is another source for finding a spiritual director. You can find their website at [www.sdicompanions.org](http://www.sdicompanions.org)

**Benedict Inn** in Beech Grove, IN, offers spiritual director training and has an extended list of spiritual directors. Find them at [www.benedictinn.org](http://www.benedictinn.org)

## Coaching

ELCA Certified Level 1 Coaches

Steve Wood

[pastorsteve@stpaul-borchers.org](mailto:pastorsteve@stpaul-borchers.org)

Phone: 812-498-7827

ELCA Certified ACC and Level 2 Coaches

Melissa Schroeder

[melissaschroeder.direction@gmail.com](mailto:melissaschroeder.direction@gmail.com)

Phone: 260-402-4477

**Faith+ Lead-** a ministry of Luther Seminary.

Faith+Lead coaches are dedicated to providing personalized coaching focused on self-care, leadership, and breakthrough practices that help everyday disciples and ministry leaders grow in their capacity for transformational leadership.

<https://faithlead.org/coaching>

**ELCA Coaching-** We empower leaders who power ministries. Coaches connect dreams to concrete actions that create change for individuals and congregations.

<https://www.elcacoaching.org/pages/meet-the-coaches>

**Vibrant Faith** has a number of coaches available to work with you, including Deacon Tammy Devine, former Wellness Manager for the ELCA serving through Portico Benefit Services. You can reach them at <https://vibrantfaith.org/coaching/our-coaches/>

## Retreat Centers

There are many retreat centers located across Indiana and Kentucky and beyond. Google “retreat centers” and Indiana or Kentucky or any other state and you will find pages of them. We highlight just a few of many here.

**Pathways Retreat**, Goshen, IN. They have several spiritual directors, a cottage for retreat and individual retreat rooms, and 17 acres of wooded trails. They offer Spiritual Renewal and Self Care workshops, with can include spiritual direction for staff, workshops, a retreat for the congregation council and inner soul retreat days. Learn more at <http://www.pathwaysretreat.org>

**St. Meinrad Archabbey Guest House and Retreat Center**, St. Meinrad, IN, offers individual and community retreats regularly. See [www.saintmeinrad.org](http://www.saintmeinrad.org) to learn about what they offer.

**St. Joseph Retreat House** of the Passionist Nuns of St. Joseph Monastery in Whitesville, KY, offers individual and directed retreats in a beautiful setting. Learn more at <https://www.passionistnuns.org/retreat-house>

## Wellness Resources

**Portico Benefit Services** has a variety of resources available on their website addressing Faith-Based Well-Being, including Creating Resilient Leaders, The Abundance of Living Well, Wholeness Wheel, Wellness Voices, and Wellness Activities and Videos available to anyone at <https://porticobenefits.org/PorticoBenefits/CallToLiveWell.aspx>

For those covered under ELCA-Primary Health Benefits, the **Employee Assistance Plan (EAP)** is available 24/7 at 800-432-5155. You will speak with a master's level professional EAP counselor who can assess your situation and help you with next steps:

- Determining whether counseling may help you.
- You and covered family members may qualify for up to six in-person EAP counseling sessions per issue per year, at no cost to you, linking you to helpful agencies or support groups in your community.
- Finding an attorney. One no-cost, 30-minute telephone consultation with an attorney is covered; if you retain the attorney after the consult, the attorney may provide a 25% discount.