

# **Spiritual Direction**

## **Bergamo Center for Lifelong Learning**

Spiritual Direction (also referred to as Spiritual Companionship or Accompaniment) is a spiritual practice developed in relationship by meeting regularly with a spiritual director. This companionship inspires people to experience authenticity in their lives as they connect with and explore their relationship with God. The purpose is to deepen one's spirituality and growth, paying ever closer attention to what God is inviting you to. God is the real director in the relationship. The spiritual companion is a professionally trained, active companion who helps you to recognize, appreciate, and be attentive to the movement of God in your life.

### **Spiritual Directors who commonly have the Bergamo Center as a site for their Spiritual Direction sessions:**

**Carol Jackson MSW, LISW**, is retired from the field of Social Work having worked in addictions and mental health counseling. She began doing spiritual direction in 2015 after attending a 3-year training program with Sycamore Spirituality Center, a non-denominational, contemplation centered program. She is committed to participation in a spiritual director's peer supervision group and individual personal spiritual direction. Contact: [caroljackson@woh.rr.com](mailto:caroljackson@woh.rr.com); (937) 602-6591.

**Don Jackson**, a retired engineer, began doing spiritual direction in 2015 after attending a 3-year training program with Sycamore Spirituality Center, a non-denominational, contemplation centered program. He is committed to participation in a spiritual director's peer supervision group and individual personal spiritual direction. Contact: [dckjackson@woh.rr.com](mailto:dckjackson@woh.rr.com); (937) 352-6118.

**Stephen Rivet**, has been trained in spiritual direction and is affiliated with the Dominican Center of Marywood in Grand Rapids, Michigan. He is insured and a member of SDI – Spiritual Directors International. He has a Master of Pastoral Studies from Loyola University – New Orleans and a BS in Mechanical Engineering from Wayne State University – Detroit. Currently an Executive Consultant with over 40 years of international business experience having traveled extensively throughout the world and has lived in Europe. He has been married 40 years with four grown children and nine grandchildren. Stephen now lives in the Dayton area part time. Contact: [stephen@smdirection.com](mailto:stephen@smdirection.com) 517-719-9498

**Michelle Sherman**, has experience working in various ministries and is open to offering ongoing Spiritual Direction and one time Spiritual Direction, with daytime or evening availability. Michelle's area of expertise are approaches to prayer, religious and general vocation discernment, intersection of faith and justice, spirituality of nonviolence, adoptee spirituality, discerning and engaging in post graduate service. Michelle completed her training in spiritual direction with the Sisters of Mercy at Cranaleith

Spiritual Center in Philadelphia, PA. She is a Certified Spiritual Director and is a member of Spiritual Directors International and the Spiritual Directors of Color Network. Contact: [michelle.sherman.ministry@gmail.com](mailto:michelle.sherman.ministry@gmail.com)

**Joe McHugh**, A.B. M.A., M.Div. is a highly experienced spiritual director who also trains and supervises aspiring directors. A founding member of the ecumenical Spiritual Direction Certification Program at Southern Methodist University, Joe has deep roots in Ignatian spirituality and is comfortable working with Catholic and Mainline Protestants, including priests, pastors and congregational leaders. He is especially experienced with people in transition. An award-winning writer, Joe regularly writes about spirituality and spiritual direction for a variety of publications. His book, *Startled by God*, was published in 2013. He can be reached at [jjmch1300@gmail.com](mailto:jjmch1300@gmail.com).