

Galilee Centre - Roster of Spiritual Directors

Name	Joan Alexander
Contact Information	alexander.joan9@gmail.com 1-250-608-1277 www.joanalexanderspiritualdirector.com
Language(s)	English
Location & Availability	☒ Available for onsite in-person sessions at Galilee Centre ☒ Not available for in-person sessions at their location (Ottawa) ☒ Available for virtual sessions
Rate(s)	<u>Spiritual Direction</u> : \$75/CAD per session; first session is complimentary; Four session package: \$285 CAD <u>Dream Work</u> : \$75 CAD per session <u>Labyrinth</u> : \$75 CAD per session
Background	Joan (she/her) is a Spiritual Director who studied at The Haden Institute. Her work as an administrator in the Anglican Church of Canada and her marriage to a same-gender Anglican priest brought Joan to the affirming and supportive threshold of spiritual direction. She is also an SD Supervisor and serves on the faculty of various spiritual direction formation programs, teaching and supervising students in their formation. Joan collaborates with other spiritual companions to offer presentations, workshops and webinars on topics of interest including spiritual trauma and (2S)LGBTQIA+ allyship. She has a large practice that welcomes seekers from Canada, the USA and the UK. Having completed a two-year term on the Spiritual Directors Int'l board of directors, Joan is also responding to a call to engage more Canadian spiritual directors in continuing education and collaboration opportunities.
Spiritual direction is...	This description of Leonard Cohen's Grand Tour may also be used to describe Spiritual Direction, "A place of trust...where they could speak and listen with something deeper than their social selves and be returned to a penetrating intimacy." *Holy One, Prana, Light, God, Energy, Divine. Although an ancient practice, Spiritual Direction is finding a renewal in the ways it is offered and received in current times. Today's Spiritual Directors come from many different walks of life and their training and experience is as varied as the Directees* who seek them out. Whether Buddhist, Islamic, Christian, Jewish, Eastern, Agnostic.... there are Spiritual Directors available for you. Many consider Spiritual Direction an art form in which the mediums are hospitality and midwifery. It is a welcoming and non-judgmental relationship between the Directee, Director, and Spirit. The focus is for the Directee to grow into deeper awareness of the sacredness of life.

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Name	Stephanie Emmons
Contact Information	hello@stephanieemmons.ca 613-601-4686 www.stephanieemmons.ca
Language(s)	English
Location & Availability	☒ Available for onsite in-person sessions at Galilee Centre ☒ Not available for in-person sessions at their location (Ottawa) ☒ Available for virtual sessions
Rate(s)	\$50/hr – with financial assistance available if this is a barrier.
Background	My name is Stephanie Emmons and I'm a spiritual director trained by Sr. Rosemary O'Toole, CSJ, through The Upper Room Home of Prayer in Ottawa, Ontario in 1998. I've also been a mental health peer supporter, a social worker, have sung at weddings and funerals & I'm a single mom of two grown daughters. I was born in Ottawa and have lived here all my life. I love many of the women saints and am glad to say I once met one. I worked with Saint Mother Teresa of Calcutta's Missionaries of Charity in India in 1996 when I was 27 and talked with Mother several times. Ever since then, it would be fair to say I've been a Mother Teresa enthusiast. She and her spirituality have come to mean a lot to me. As a Catholic author with my own story of depression & anxiety, I write about navigating mental health struggles as a Christian. I also explore things like prayer, Scripture, discernment, grief, humour, struggling with faith and keeping it together when life is pulling you apart. In spiritual direction, we can talk together about any of the above issues or whatever else might come up. I offer spiritual direction with great respect, humility, compassion and often humour.
Spiritual direction is...	I come by my approach to Spiritual Direction through The Upper Room Home of Prayer. The following illustration from the book The Way of Spiritual Direction sums it up nicely: "In spiritual direction both the director and the directee receive some divine wisdom from their listening to God. The more loving the listening, the purer the wisdom. Then, when the interior disposition is ripe, the Spirit grants also to both of them some particular knowledge or insight." Nemeck and Coombs, The Way of Spiritual Direction, p.10.

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Name	Marie Morgan
Contact Information	mariemorgan85@gmail.com 613-325-7636
Language(s)	English
Location & Availability	☒ Available for onsite in-person sessions at Galilee Centre ☒ Available for in-person sessions at their location (Arnprior) ☒ Available for virtual sessions
Rate(s)	\$40/hour
Background	I have a passion for sharing my God given talents. I am a wife, mother, grandmother, retired nurse, yoga teacher and spiritual director. I was trained in spiritual direction at The Upper Room Home of Prayer, Ottawa. I have been a volunteer at Galilee for the last 18 years. I have provided retreats including the annual 7 day silent retreat and yoga classes. I practise daily contemplative prayer and meditation. Living in Arnprior, I am often available on short notice to provide spiritual direction.
Spiritual direction is...	Sacred accompaniment with a trained person.

Name	Jenny Nasmith-Yandt
Contact Information	jennynasmith@gmail.com 613-898-9781 www.calendly.com/jennynasmithyandt
Language(s)	English
Location & Availability	☒ Available for onsite in-person sessions at Galilee Centre ☒ Available for in-person sessions at their location (Stittsville) ☒ Available for virtual sessions
Rate(s)	\$85/session; \$60 for individuals in vocational ministry
Background	Jenny is a spiritual director with a background in pastoral ministry. Jenny studied spiritual formation and direction at the Emmaus Formation Centre (Toronto), and is a certified Spiritual Director. She also holds degrees in psychology and linguistics. Jenny has worked in a variety of church environments, from thriving community focused leadership development to a shattered and hurt community, and even walking through church closure. She wholeheartedly welcomes every stage of faith—wrestling with questions, rebuilding, growing from steady roots, or wherever you find yourself. She is passionate about spiritual practices, both traditional and innovative, that nurture honest well-being with Christ in heart, body, mind, and soul. Jenny approaches her work with reverence and joy, and delights in helping others become aware of God's presence in all, whether perceived as secular, sacred, or in-between. She has particular experience with those who work in ministry and those who are deconstructing and reconsidering their faith.
Spiritual direction is...	Spiritual direction is intentional time with the Holy Spirit, where the spiritual director acts as a witness and navigator, with the aim of making space and bringing awareness to where the Spirit is moving in the directee.

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