

JourneyMates

Christian Spiritual Direction and Soul Care Resources

About This Resource

JourneyMates Ministries primarily engage individuals in large and small group gatherings for the purpose of Christian soul care and spiritual formation retreats, ministry and training. Many JM participants also benefit from individual spiritual direction and soul care offered vocationally by qualified spiritual directors and soul care providers.

This resource is provided as a service to our JourneyMates community participants who desire to seek individual spiritual direction and soul care. Our aim is to help guide individuals in finding qualified spiritual directors and soul care providers who share the vision, mission and core values of JourneyMates. We recommend only those directors and soul care providers associated with JourneyMates and who sign the JM Statement of Faith and JM Covenant of Confidentiality annually. Many other well qualified and capable spiritual directors and soul care providers practice in areas where JourneyMates Ministries exist.

We would welcome a conversation with you to help guide you in finding the right provider for you. Contact our Executive Director, Mary Vandell Young at maryvandellyoung@journeymates.org for more information.

What is Spiritual Direction and Soul Care?

"Christian spiritual direction is a ministry of holy listening in which one person helps another notice the Triune God's active presence and perceive the Holy Spirit's movement in their ordinary life. Spiritual directors journey with directees, assisting as they deepen their lived intimacy with Christ, the One True Director." ~ Richmont Graduate School of Spiritual Direction

"Soul Care – A hybrid relationship integrating practices of spiritual direction, pastoral counseling, discipleship and coaching to guide another person in the care of their soul. Soul care gives attention to the whole person, their story past, present and future, both successes and failures to help them see and discern ways to walk more intimately with God while healing, growing and succeeding in life endeavors. Care for the soul includes spiritual, physical, emotional, relational, vocational, financial and other aspects of our life and being that influence our ability to live with wholeness. Caring for the soul involves growth in self-awareness, God-Awareness and the awareness of others in need." Potters Inn

For more information on Spiritual Direction and Soul Care visit (click on links below):

[What is Spiritual Direction?](#) - Selah School of Spiritual Direction, Leadership Transformations.

[What is Spiritual Direction?](#) - Grafted Life, ESDA

["Spiritual Friendship"](#) - podcast Soul Care Conversations, Potter's Inn

["Silencio - Spiritual Direction"](#) - Silencio, Leadership Transformations

[Definitions of Care](#) - Potters Inn.

[Spiritual Direction with Pastoral and Corporate Leaders](#) - Transforming Center

Contact Information

Please note that spiritual directors and soul care providers listed below practice independently of JourneyMates and each other. Each sets his/her own schedule, fee structure etc. Each is responsible for his/her ongoing training and supervision.

JourneyMates is not responsible or liable for the acts, omissions, training, or services (professional or volunteer) provided by any of the providers listed by JourneyMates.

Contact information supplied here is solely for the purposes of finding a spiritual director or soul care provider. This resource is not to be used for any other purpose without prior written permission of the Executive Director of JourneyMates.

Please contact providers for more specific information regarding scheduling, fees, training, video conferencing, etc.

Other Recommended Spiritual Direction Directories: [Leadership Transformations](#), [Anam Cara](#), [Grafted Life](#),

Sally Breedlove

Durham/Chapel Hill, NC, Video Conf.
Certified Spiritual Director
sally@sallybreedlove.com
919-604-3060

Eric Bolash

Raleigh, NC
Certified Spiritual Director
eric@apostles-raleigh.org

Paige Capes

Raleigh, NC
Certified Spiritual Direction
paige.capes@gmail.com

Zane Creamer

Raleigh, NC
Certified Spiritual Director
zcreamer@me.com
919-618-1000

Nancy Crowell

Durham, NC
Certified Spiritual Director
crowellfamily5@gmail.com

Scottie Dietz

Cary, NC
Certified Spiritual Director
scottiedietz@gmail.com

Jennifer Ennis

Raleigh/Durham, NC, Video Conf.
Certified Spiritual Director
jen.jmates@gmail.com
919-395-3175

Barney Ford

Raleigh/Wake Forest
Spiritual Director, Soul Care
CBF1945@gmail.com
608-239-8182

Laura E. Francis-Thorp

Durham/Chapel Hill, NC
LCSW,
Certified Spiritual Director
lauraeFrancisthorp@gmail.com
919-960-1814

Cindy Gassaway

Virginia Beach, VA
Certified Spiritual Director
cindygassaway@gmail.com
757-472-9377

Susan Green

Chattanooga, TN, Video Conf.
Certified Spiritual Director
artiesue@gmail.com

Marilyn Harding

Raleigh, NC
Certified Spiritual Director
mhh4035@gmail.com
919-630-4035

Amy Heilman

Virginia Beach, VA
Certified Spiritual Director
amyheilman828@gmail.com
757-288-5640

Janise Matyas Smith

Durham/Chapel Hill, NC
M.Div, Certified Spiritual Director
janisems@gmail.com
Website: Janisematyassmith.com
919-638-6248

Vicki Paxton

Raleigh, NC
Spiritual Director, Soul Care
vtpax@icloud.com
540-798-5667

Pam Pitt

Atlanta, GA, Video Conf.
Certified Spiritual Director
pitt.pam@gmail.com
404-323-4342

Nancy Rich

Edenton, NC
Certified Spiritual Director
nancyarich@gmail.com
252-333-6692

Justine Roberts

Washington DC
Certified Spiritual Director
zjustiner@gmail.com
757-880-0748

Raquel Rogers

Cary, NC
Certified Spiritual Director
raquel.l.rogers@gmail.com
202-531-9900

Anne Storelli

Durham/Chapel Hill, NC
LPC, LMFT, Certified Spiritual Director
anne.storelli.lpc.lmft@gmail.com
Website: Annestorelli.com
919-391-8915

Mary Vandel Young

Raleigh, NC
M.Div, Spiritual Director, Soul Care
maryvandelyoung@journeymates.org
919-741-1970

Bonnie Wetzel

Raleigh, NC
LCSW, Soul Care
bwetzel@70x7ministries.org
919-671-8462

Marlayne Whitlock

Atlanta, GA
LPC, Certified Spiritual Director
mwhitlock@praxiscounseling.com
mwhitlock.acsf@gmail.com
687-463-4009

INTERN SPIRITUAL DIRECTION**Frank Shell**

Raleigh, NC
Spiritual Direction Intern
fshell10@gmail.com
919-630-6404

Terri Shell

Raleigh
Spiritual Direction Intern
terrshell3@gmail.com
919-539-3377

Amy Ause Hayne

Cary, NC
Spiritual Direction Intern
ahaynenc@gmail.com

Debra Hooker

Durham, NC
Spiritual Director Intern
dchooker@gmail.com

Sara Hillegas

Clayton, NC, Raleigh, NC
Spiritual Director Intern
schillegas@gmail.com