



DENVER COMMUNITY CHURCH

DCC Spiritual Direction Resources

What is Spiritual Direction?

A spiritual director is a trained listener who companions the directee as they share about their spiritual journey, guiding them to notice God's presence in their life, and to grow in awareness of their own unique responses to this Presence.

Typically, a spiritual director and directee will meet regularly (often times once per month).

Spiritual direction is not the same as therapy or counseling. If you would like to have a better understanding of the distinctions between these practices, check out this article: <https://www.patheos.com/blogs/spiritualdirection101/2012/08/spiritual-direction-vs-counseling/>

Carolyn Gratton uses the following story to introduce her book *The Art of Spiritual Guidance*. It's about a wise fish.

It seems that there once were some fish who spent their days swimming around in search of water. Anxiously looking for their destination, they shared their worries and confusion with each other as they swam. One day they met a wise fish and asked him the question that had preoccupied them for so long: "Where is the sea?" The wise fish answered: "If you stop swimming so busily and struggling so anxiously, you would discover that you are already in the sea. You need look no further than where you already are." (Gratton 2000:5)

For Gratton, the wise fish represents a spiritual director.

We are pleased to provide a list of trained/qualified spiritual directors. We intentionally included individuals whom we felt would be a good match for our DCC community. While we are able to provide this list, we at DCC make no guarantee regarding the effectiveness of these spiritual directors for any particular client. However, we do believe in the value of spiritual direction and inviting others to intentionally companion us in our spiritual journeys. For additional support or referral help, please email info@denverchurch.org.

Crystal Boecker
Location: South Denver Metro
Email: c.boecker@yahoo.com
Phone:
Website: www.prayerandpilatesconnect.com
Cost: \$50

Stacey Cooper
(Enneagram coaching & Spiritual Direction)
Location: Denver
Email: staceyjoycooper@gmail.com
Phone: 517-388-2615
Website: Ohtosee.com
Cost:

Scott Dewey
Location: Denver
Email: scottd@centeringway.org
Phone: 720-261-9953
Website: <https://www.centeringway.org/our-team>
Cost: \$40-\$80 (sliding scale)

Kathy Escobar
Location: Broomfield/Arvada/North Denver
Email: kathyaescobar@gmail.com
Phone: 720-270-1298
Website: kathyaescobar.com communityheals.com
Cost:

Carin Huebner
Location: Littleton
Email: carin@carinhuebner.com
Phone: 720-519-5185
Website: carinhuebner.com
Cost: Pay what you can

Cari Jenkins
Location: Englewood
Email: carijenkins@mac.com
Phone:
Website: <https://www.carijenkins.me>
Cost: \$80

Kristi Johnson
Location: Wheatridge
Email: kristicjohnson@gmail.com
Phone:
Website:
Cost: \$50

Pam Watson Korbel
Location: DTC
Email: pwatsonkorbel@gmail.com
Phone: 303-906-4144
Website: www.corporatecowgirlup.com/pam-korbel-watson
Cost: \$50/hour (or what is affordable for client)

Lanteri Center
(Fr. Greg/ Fr. John are both recommended directors, but there are others as well)
Location: Denver
Email: lantericenter@aol.com
Phone: 303-2981-1498
Website: <https://www.omvusa.org/lanteri-center/about-us/spiritual-direction/>
Cost: \$50/session

Ally Ley
Location: Parker/Littleton
Email: ally@allyley.com
Phone: 303-917-8396
Website: allyley.com
Cost: \$60/session

Rachel Reed
Location: Lakewood
Email: rachel@anamcara.com
Phone: 720-454-6173
Website: rachelmreed.com
Cost: \$60/session (negotiable, if needed)

Debbie Swanson
Location: Arvada
Email: daswanson@comcast.net
Phone: 303-906-0799
Website: vacaredeo.com
Cost:

Janine Westlund
Location: Littleton
Email: both.and.janine@gmail.com
Phone: 612-598-3212
Website: <https://www.graftedlife.org>
Cost: \$50/session, flexible with your needs

Rhonda Whyte
Location: DTC
Email: inspiresoulcare@gmail.com
Phone: 303-416-0100
Website: rhondawhyte.com
Cost: \$50

Kim Williams
Location: Denver
Email: kimawilliams05@gmail.com
Phone:
Website:
Cost: \$20-\$60 (sliding scale)

Janet Wineman
Location: Louisville/Boulder
Email: jwineman@gmail.com
Phone: 720-203-5143
Website: presencespiritualdirection.com
Cost: \$50 fee, negotiable