

# The COMMUNITY of SPIRITUAL DIRECTORS

## THE DIRECTORY

The *Community of Spiritual Directors* comprises those who, in offering this ministry, have agreed to abide by the Centre's *Code of Practice*.

Members are alphabetically listed according to the county or area in which they minister.

Information about those from outside the UK, non-Christian faith traditions, and those willing to offer Direction by Skype and/or email, is provided at the end of the *Directory*.

*Disclaimer: The information in this guide is provided by those whose names and information appear here. It has not been checked by the Centre and the Centre cannot certify, recommend or endorse any listed here.*

## Bedfordshire

**Marie Heath (Roman Catholic)**

[spirituality@noes.org.uk](mailto:spirituality@noes.org.uk)

I am a Benedictine Oblate but trained in the Ignatian Tradition for SID.

---

## Berkshire

**Jane Booth (Christian)**

[jane-booth@hotmail.co.uk](mailto:jane-booth@hotmail.co.uk) 01635 30343

I am an experienced and trained spiritual director and guide for the Ignatian Exercises. I provide an open, non-judgemental, sacred space where people can reflect on, discern and explore their unique walk with God. I listen sensitively with an open heart, especially with those experiencing transition or living on the edge. I am an associate of a contemplative religious order and my garden is part of the Quiet Garden Movement.

---

**Jane Sigrist (Anglican)**

[jane.sigrist@googlemail.com](mailto:jane.sigrist@googlemail.com) 01635 30089

The richness and diversity of Christian spirituality excites me. Attracted by contemplation and creativity, I am especially interested in the challenges faced by those going through times of change and transition, including both with those who might feel excluded and 'on the edge' of their faith communities and those in ministry.

---

## Buckinghamshire

**Mrs. Mary Sketch (Roman Catholic)**

[mary.sketch@talktalk.net](mailto:mary.sketch@talktalk.net)

I have a broad knowledge of different Christian spiritualities and types of prayer. I trained for three years at the London Spirituality Centre. My directees are normally with me long-term and I have a gentle approach as I listen to Christians of all denominations.

---

## Cambridgeshire

**Rosemary (Rosey) Feuell (Anglican (CoFE); Baptist; all enquirers welcome)**

[roseyleaf@talktalk.net](mailto:roseyleaf@talktalk.net) ; 07816 866 208

I have considerable experience of offering spiritual direction to internationals, older people and those engaged in ministry and also to people new to spiritual direction. Enquirers for all backgrounds are welcomed to request initial meetings. I am happy working in traditional ways, with Scripture and/or exploring creative resources and varied kinds of prayer.

---

## Essex

**The Rev. Dr. Sue Hartley (Anglican)**

[suemhartley@btinternet.com](mailto:suemhartley@btinternet.com)

I have been trained in the spiritual exercises of St Ignatius and can offer accompaniment to people wishing to undertake the Exercises as a retreat in everyday life (19th Annotation). I am also open to accompanying people who are seeking to discern their vocation to ministry (lay or ordained) or to the Single Consecrated Life. I have a background in General Practice – and am also willing to work with people who have mild mental health problems.

---

**Stephen Lloyd (Evangelical Anglican)**

[stephenrloyd@btinternet.com](mailto:stephenrloyd@btinternet.com)

I am a retired vicar, offering ministry of accompaniment and listening, seeking to enable others to reflect on their relationship with God, and to encourage growth in our experience of freedom that is to be discovered in Christ.

---

**Frances Moore (Roman Catholic)**

[francesosv@gmail.com](mailto:francesosv@gmail.com) ; 01787 477640

I have experience in Spiritual Direction, supervision, 19<sup>th</sup> Annotation, IGR's, Quiet Days. I have worked with the bereaved and those with life limited conditions/terminally ill. I am happy to work with all denominations.

---

## Essex cont...

**Penny Sloman (Christian)**

[pennysloman@hotmail.com](mailto:pennysloman@hotmail.com); 01702 545568

I have completed the Ignatian Spirituality Course and I have many weeks of accompanied prayer as a prayer guide.

---

**Valerie Thompson (Church of England)**

[valmrst@hotmail.com](mailto:valmrst@hotmail.com)

**Marion Whitmarsh (Evangelical)**

[Marionwhitmarsh@virginmedia.com](mailto:Marionwhitmarsh@virginmedia.com)

I have experience of prayer, celtic prayer, leading meditation sessions, silent retreats and quiet days. I have a sense my commission in life is to re-introduce silence into people's lives.

---

**Teresa Young (Roman Catholic)**

[nannyyoung@hotmail.com](mailto:nannyyoung@hotmail.com)

---

## Gloucestershire

**Sue Thomson (Catholic)**

[sue.thomson.st@gmail.com](mailto:sue.thomson.st@gmail.com); 01285 713696

I am grounded in the Catholic, contemplative, Benedictine tradition – I am a Benedictine oblate of many years – with Ignatian Training and a BA Degree in Divinity, specializing in spiritual theology. I accompany people of all Christian faith traditions whose one desire is to deepen their intimacy with God, holding the compass gently.

---

**Anne Solomon (Christian)**

[annevsolomon@hotmail.com](mailto:annevsolomon@hotmail.com)

As an experienced spiritual director, I am also a tutor on the Gloucestershire Course and a Chartered Psychologist. I feel a particular heart to work with those who in some way find themselves 'on the

margins' in their spiritual journey. I am interested in contemplative traditions, meditation and the dialogue between spiritual direction and psychology. My website is [www.spiritual-life.co.uk](http://www.spiritual-life.co.uk)

## Hampshire

**Julia Mourant (Christian)**

[julia.caroline@btinternet.com](mailto:julia.caroline@btinternet.com)

I am an Anglican priest and have held posts in training and vocations. I live in Basingstoke and also spend part of the week in Salisbury where I offer spiritual direction, supervision and vocational coaching, as well as being responsible for a course for spiritual directors.

---

## Hertfordshire

**Jackie Harbron (Evangelical Anglican)**

[jackie@experts.co.uk](mailto:jackie@experts.co.uk); 07932 590852

I offer ongoing direction, 19th Annotation, Weeks of Accompanied Prayer as a spiritual director, supervisor and organizer. I have trained to give individual and group supervision. I am sympathetic to all traditions.

---

## Hertfordshire cont...

**Stephen Passmore (Anglican)**

[SJHP2@yahoo.co.uk](mailto:SJHP2@yahoo.co.uk); 01462 433656

I am experienced in Ignatian Spirituality including Lectio Divina, Imaginative Contemplation, Christian Meditation (e.g. John Main) and Centering Prayer. I have a special interest in the Spiritual Exercises of St Ignatius of Loyola and I am able to offer accompaniment for 19<sup>th</sup> Annotation

---

## Kent

**Richard Chamberlin (Anglican)**

[richardchamberlin@btinternet.com](mailto:richardchamberlin@btinternet.com); 07710 553516

I am an Ignatian trained spiritual director, based in West Kent, but also able to direct in London. I worked as a solicitor in a City practice for 30 years, and have experience in the Christian NGO field. I can accompany directees of any denomination, and can offer inter faith direction

## **Kent cont...**

### **Mary Chamberlin (Anglican)**

[mary.franks@btinternet.com](mailto:mary.franks@btinternet.com)

I have a background of art therapy training, an interest in exploring spiritual exercises creatively and working in one to one spiritual direction creatively.

---

### **The Rev. Valerie Pearce (Anglican)**

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

I have been exercising the ministry of Spiritual Direction for 25 years. I have had Ignatian training at St. Beuno's and am a Myers Briggs Practitioner. I have a broad and deep experience of different kinds of spirituality.

---

### **Janet McDonald (Anglican)**

[Janet.mcdonald@btinternet.com](mailto:Janet.mcdonald@btinternet.com)

I have experience of weeks of accompanied prayer and using music as part of spiritual direction.

---

### **Dawn Pointing (Christian)**

[dawnabroad@yahoo.co.uk](mailto:dawnabroad@yahoo.co.uk)

I love being alongside people in their spiritual journeys, having been in pastoral ministry for some 30 years, leading quiet days and retreats, and as a spiritual director since training at the centre 2010-12. I am open to seeing people from different Christian traditions or none. My own church background has been mainly in free charismatic churches but I've been part of other traditions and enjoy different expressions of spirituality, particularly contemplative. My experience includes debriefing and direction for people returning from overseas. I usually see people in my home in Orpington, but could also meet in central London and I have also used Skype.

---

### **Revd Elizabeth Chapman (Anglican)**

[Ichapman431@btinternet.com](mailto:Ichapman431@btinternet.com) ; 07961 337083

A Palliative and Healthcare Chaplain currently working as the Chaplain and Spiritual Care Lead at the Ellenor Hospice Gravesend and assist the Chaplaincy Team at Maidstone Hospital. I was ordained in 2009 in the Church of England. I am a Spiritual Director for both Rochester and Canterbury Diocese. I am willing to assist on Weeks of Accompanied/Guided Prayer.

---

## **London - Central** *(Area Adviser: John-Francis Friendship)*

### **Esther Aronsfeld (Jewish)**

[e.aronfeld@gmail.com](mailto:e.aronfeld@gmail.com) ; 07855 251255

I am an ordained Interfaith Minister and Spiritual Director from a Jewish background. I work with people who don't consider themselves religious, but long for meaning, clarity and direction. I lead retreats for CARM; courses in Jewish spirituality for Christian groups. My background includes management training, coaching and bereavement support.

---

### **Victoria Bathurst (C of E)**

[victoriabat@aol.com](mailto:victoriabat@aol.com); 07966 519969

I have a special interest in the use of image and the imagination for contemplation.

---

### **Judith Bendkowski (Anglican)**

[judithbendkowski@gmail.com](mailto:judithbendkowski@gmail.com) ; 07771 984955

My faith and faith tradition and my approach to those seeking accompaniment is inclusive. I have experience of accompanying new and young Christians, those discerning their vocation, ordinands, clergy and others whose faith has been developing for many years. I accompany 19<sup>th</sup> Annotation Ignatian retreatants.

---

### **Kenneth B. Browne (Church of Ireland/Quaker)**

[Kbb46@hotmail.com](mailto:Kbb46@hotmail.com) ; 07846 386 151

I am interested in the relationship between Psychotherapy and Spiritual Direction, the ecumenical aspect for Spiritual Directors and personal reconciliation and spiritual direction.

---

### **Martin Carr (Anglican)**

[martincarr@hotmail.co.uk](mailto:martincarr@hotmail.co.uk)

My work as a spiritual director is informed by my experience as a lay minister, vocations adviser and theological educator.

---

## London - Central *cont....*

### **Suzanne Helena Cohen (Jewish)**

[suzannecohen@btinternet.com](mailto:suzannecohen@btinternet.com) ; 07944 767274

I am an Interfaith Minister who trained in Spiritual Direction via the Encounter course, with a background in Spiritual Counselling, Spiritual Healing and Gestalt Therapy. I have an interest in understanding how the different faith traditions help us root our lives in a meaningful way.

---

### **Jessica Davies (Anglican)**

[jessica.davies@me.com](mailto:jessica.davies@me.com)

I trained as a Spiritual Director at the LSC and am currently training as an Integrative Psychosynthesis Counsellor. I am interested in how these skills and disciplines strengthen one another and adapt to the individual needs and experiences of clients.

---

### **Rosemary (Rosey) Feuell (Anglican/CofE; Baptist; all enquirers welcome)**

[roseyleaf@talktalk.net](mailto:roseyleaf@talktalk.net); 07816 866 208

I have considerable experience of offering spiritual direction to internationals, older people and those engaged in ministry and also to people new to spiritual direction. Enquirers for all backgrounds are welcomed to request initial meetings. I am happy working in traditional ways, with Scripture and/or exploring creative resources and varied kinds of prayer.

---

### **The Rev. John-Francis Friendship APS (Anglican)**

[jff2209@yahoo.com](mailto:jff2209@yahoo.com) ; 020 3583 9312 / 07808 500 717

I am a priest and have been offering direction since my time as a Franciscan (SSF). I undertook the *Ignatian Spirituality Course* in 2001 – 2003 and now tutor on *Encounter*. I am also an accredited Pastoral Supervisor (APSE) and meet with directees at my home in Shooters Hill and at the London Spirituality Centre. My passion is to enable people to respond to the movements of the Spirit.

Further information on my website: <http://www.spiritualdirectioninlondon.org.uk>

---

## London - Central cont...

### **Mark Godson (Christian)**

[direction@markgodson.net](mailto:direction@markgodson.net)

I offer spiritual accompaniment that draws on the contemplative, mystical and Ignatian strands within the Christian tradition. It is informed by my study and practice of Zen and my work as a psychotherapist. I was Director of LSC from 2011 – 2015.

---

### **Dr. Susanne Griffin (Anglican & Danish Lutheran Traditions)**

[griffindrake@aol.com](mailto:griffindrake@aol.com)

I have trained in child and adolescent psychiatry and recently retired from a consultant NHS post and I have qualified as a family therapist. My special interests are: inter-faith/cross-cultural work and learning disability/autism.

---

### **Irene Hamilton (Anglican)**

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

---

### **Annette Kaye (Christian but work with people of other faiths too)**

[Annette@annette-kaye.com](mailto:Annette@annette-kaye.com)

I trained with ISC and have 15 years experience as a spiritual director. I am also a tutor on the ISC course for the past 12 years. I am a Psychosynthesis therapist, interested in spirituality/psychology/interfaith. As a potter, I am also interested in creativity and spirituality.

---

### **Julia Keeling (Roman Catholic)**

[juliakeeling@icloud.com](mailto:juliakeeling@icloud.com); 07770 753016

I have a special interest in the contemplative tradition.

---

### **Stephen Lloyd**

[stephenlloyd@btinternet.com](mailto:stephenlloyd@btinternet.com)

I am a retired vicar, offering ministry of accompaniment and listening, seeking to enable others to reflect on their relationship with God, and to encourage growth in our experience of freedom that is to be discovered in Christ.

---

## London - Central cont...

**Eileen McDade (Roman Catholic)**

[emcdade@talktalk.net](mailto:emcdade@talktalk.net)

I have a special interest in contemplative prayer practice and non-dual consciousness.

---

**Julian Maddock (Christian)**

[Julian.a.maddock@gmail.com](mailto:Julian.a.maddock@gmail.com); 07951 759 953

I trained at St Beunos and the Ignatian Spirituality course. I have 25 years' experience as a spiritual director, trainer and supervisor. I have been a hospital chaplain. My interests include: the Spiritual exercises of Ignatius, Practicing Presence 'The Body', morality, illness and death. I write about spirituality and the body at [www.thisbody.info](http://www.thisbody.info).

---

**Nicola Mason (Christian)**

[nmason56@tiscali.co.uk](mailto:nmason56@tiscali.co.uk) 07949 550967

I accompany others through the Ignatian Spiritual Exercises (19th Annotation) as well as offering ongoing spiritual direction. I have a particular interest in contemplative prayer, and also in using the creative arts in prayer and spiritual direction. I have experience of accompanying those with chronic and terminal illness.

---

**Nicole Paice (Catholic)**

[nicole@paicefamily.co.uk](mailto:nicole@paicefamily.co.uk)

I was a student at Heythrop College and the ISC course. I also have a relationship counselling diploma. I have experience with multicultural issues and expatriation. I speak the following languages: English, French, and Spanish. I have been working in the field of spiritual direction since 1996. I'm 65, married with children and grandchildren.

---

## London - Central cont...

### Mary Penley (Anglo-Catholic)

[mary@marypenley.com](mailto:mary@marypenley.com); 01903 417385/07729 277 567

I am an Anglo-Catholic and trained as a Spiritual Director on the Encounter course. I love the natural world and have a passion for silence and beholding. With a deep respect for the dignity and sanctity of each individual I journey alongside, I lead retreat workshops combining various forms of creative expression within a framework of contemplative prayer. I have a background in the Arts, in bereavement counselling, geriatric and terminal care. For further details <http://www.marypenley.com/workshops>

---

### Dawn Pointing (Christian)

[dawnabroad@yahoo.co.uk](mailto:dawnabroad@yahoo.co.uk)

I love being alongside people in their spiritual journeys, having been in pastoral ministry for some 30 years, leading quiet days and retreats, and as a spiritual director since training at the centre 2010-12. I am open to seeing people from different Christian traditions or none. My own church background has been mainly in free charismatic churches but I've been part of other traditions and enjoy different expressions of spirituality, particularly contemplative. My experience includes debriefing and direction for people returning from overseas. I usually see people in my home in Orpington, but could also meet in central London and I have also used Skype.

---

### Gill Sewell (Quaker)

[gill.sewell410@gmail.com](mailto:gill.sewell410@gmail.com); 07977 478473

I am willing to accompany individuals from any faith traditions or none, mainstream or on the margins. I have experience of providing spiritual direction by Skype across continents.

---

### Val Smith (Baptist – Charismatic, Contemplative)

[val.smith1@gmail.com](mailto:val.smith1@gmail.com); 07989 357237

I have an interest in working to support missionaries in personal development and in the voluntary sector.

---

## London - Central cont...

### **Kerry Taylor (Evangelical/Charismatic)**

[kerryahtaylor@hotmail.co.uk](mailto:kerryahtaylor@hotmail.co.uk)

I complete a two year spiritual direction course at Lombard Street (2008-2010) and have been involved with spiritual direction since that time. I am drawn to Ignatian Spirituality having completed the 19<sup>th</sup> Annotation and contemplative practice.

---

### **Cheryl Woodcroft (Roman Catholic)**

[cherylwoodcroft@hotmail.com](mailto:cherylwoodcroft@hotmail.com)

I trained at LCS and have a medical background (retired GP). My special interest is in how spiritual direction can help heal the divide between the secular and sacred.

---

### **Barbara Wilson (Roman Catholic)**

[Basiawilson1@gmail.com](mailto:Basiawilson1@gmail.com) ; 07713 242449

I am a Catholic lay woman, trained at LCS in spiritual direction. I am to develop directees relationship with God and respond to God's overwhelming love for them. I am trained to take people through Ignatius spiritual exercises in daily life or work with them on an ad hoc basis.

---

## London - East *(Area Adviser: Sue Makin)*

### **Catherine Armstrong (Ecumenical)**

[catherinebcharlie@hotmail.com](mailto:catherinebcharlie@hotmail.com); 07813 309578

I have an interest in mental health, Discernment, prayer and encouraging lay ministry. I have an MA in Christian Spirituality and I am a Tutor on Encounter.

---

### **Nicola Mason (Christian)**

[nmason56@tiscali.co.uk](mailto:nmason56@tiscali.co.uk) 07949 550967

I accompany others through the Ignatian Spiritual Exercises (19th Annotation) as well as offering ongoing spiritual direction. I have a particular interest in contemplative prayer, and also in using the creative arts in prayer and spiritual direction. I have experience of accompanying those with chronic and terminal illness.

---

## London - East cont...

**Jane Franklin (Church of England - Celtic, Ignatian)**

[janefranklinretreats@gmail.com](mailto:janefranklinretreats@gmail.com); 07747 792532

I have broad experience of Spirituality coming from an evangelical background through complimentary therapies and healing, Celtic and Ignatian spirituality. I am now worshipping in a Anglo-Catholic church. I am a Listener at St. Andrews, Holborn and at Greenbelt festival and lead quiet days and retreats.

---

## London - North East *(Area Adviser: Bruce Batstone)*

**Olive Cope (C of E)**

[oliveclose2003@yahoo.co.uk](mailto:oliveclose2003@yahoo.co.uk) ; 020 8363 8221

I have a special interest in working with those feeling called to, or accepted for ordained ministry (but not exclusively in this area)

---

**Suzanne Helena Cohen (Jewish)**

[suzannecohen@btinternet.com](mailto:suzannecohen@btinternet.com) ; 07944 767274

I am an Interfaith Minister who trained in Spiritual Direction via the Encounter course, with a background in Spiritual Counselling, Spiritual Healing and Gestalt Therapy. I have an interest in understanding how the different faith traditions help us root our lives in a meaningful way.

---

**Sr. Gill Drew (Catholic)**

[gilldrew@btinternet.com](mailto:gilldrew@btinternet.com) ; 020 8809 7344

I have the experience and joy of offering S/D over the last 10 years, including 19th Annotation, weeks of guided prayer, and open door retreats.

---

**Amanda T. Taylor (Roman Catholic)**

[amandattaylor@blueyonder.co.uk](mailto:amandattaylor@blueyonder.co.uk) ; 07752 793 794

My experience is mainly related to people who are of multi-cultural backgrounds and often materially and educationally deprived. I wish to offer my training and gifts to people who would not normally have the means and opportunity to have spiritual direction so as to help me live Christ's values more fully.

---

## **London – North West** (*Area Adviser: Pamela Heazell*)

### **Esther Aronsfeld (Jewish)**

[e.aronfeld@gmail.com](mailto:e.aronfeld@gmail.com) ; 07855 251255

I am an ordained Interfaith Minister and Spiritual Director from a Jewish background. I work with people who don't consider themselves religious, but long for meaning, clarity and direction. I lead retreats for CARM; courses in Jewish spirituality for Christian groups. My background includes management training, coaching and bereavement support.

---

### **Alice Bree (Anglican)**

[alice.bree@yahoo.co.uk](mailto:alice.bree@yahoo.co.uk) ; 0208 967 3994

I am a lifelong Christian. I worked as a nurse and midwife before I married a Roman Catholic. I think of myself as Benedictine and am interested in Ecumenism/Unity, contemplative prayer and meditation. I worked as a therapist for many years before I trained as a Spiritual Director at LCS.

---

### **Sr. Gill Drew (Catholic)**

[gilldrew@btinternet.com](mailto:gilldrew@btinternet.com) ; 020 8809 7344

I have experience of the 19<sup>th</sup> Annotation, of attending Spiritual Direction weeks of Guided Prayer, Open Door Retreats.

---

### **Sr. Mary-Ann Flood (Roman Catholic)**

[maryannflood.cj@btconnect.com](mailto:maryannflood.cj@btconnect.com)

I trained on the 3 year Ignatian Spirituality Course and accompany people from our house in Willesden Green. My background includes teaching in boarding schools, post-adoption counselling, work with homeless people and hospital chaplaincy.

---

### **Dr. Susanne Griffin (Anglican & Danish Lutheran Traditions)**

[griffindrake@aol.com](mailto:griffindrake@aol.com)

Qualified as a medical doctor and family therapist, I worked as a child and family psychiatrist serving London's East End until retirement in May 2015. Inspired into spiritual direction through work with Muslim families coping with a child with severe learning disabilities and autism, my great passion is

for inclusion; I am happy to arrange an initial assessment meeting for anyone interested in finding out more about whether spiritual direction might be for them.

---

## London – North West *cont...*

**Sr. Barbara Johnson OSB (Anglican Benedictine)**

[Barbara.osb@btconnect.com](mailto:Barbara.osb@btconnect.com) ; 07811 682497

I have 60 years in a Benedictine Community – caring for sick and disabled people.

---

**Julienne McLean (Christian)**

[juliennemclean@btinternet.com](mailto:juliennemclean@btinternet.com); 020 8451 5255

My particular interests are the Christian contemplative tradition, Carmelite spirituality, contemplative prayer, alongside Jungian depth psychology. I can offer a focus, in spiritual direction, on the writings, guidance and wisdom from St Teresa of Avila and St John of the Cross, where appropriate. I facilitate a retreat programme in North London ( see [www.contemplativespirituality.org](http://www.contemplativespirituality.org). )

---

**Gill Sewell (Quaker)**

[gill.sewell410@gmail.com](mailto:gill.sewell410@gmail.com); 07977 478473

I am willing to accompany individuals from any faith traditions or none, mainstream or on the margins. I have experience of providing spiritual direction by Skype across continents.

---

**Sue Wilson (Christian)**

[contactsuewilson@gmail.com](mailto:contactsuewilson@gmail.com); 020 8866 7026

I trained on the 3 year Ignatian Spirituality Course at LCS and the 1 year Ignatian Course at St. Bede's. I have led retreats and training days for the Retreats Association. I lead quiet days monthly in my home, Julian meetings and MBTI workshops at the LSC, churches and on a one-to-one basis.

---

## London - South (*Area Adviser: John-Francis Friendship*)

**Carolyn Buckeridge (Anglican/Quaker)**

[cmwb@waitrose.com](mailto:cmwb@waitrose.com); 020 8778 7699

I have a heart for the spiritual well-being of clergy. I see my role as to grow and nurture other people's passion for Jesus.

---

## London – South *cont...*

**Sheelagh Daly (Anglican)**

[sheelaghdaly@talktalk.net](mailto:sheelaghdaly@talktalk.net); 020 8293 0509

I have a special interest in Ignatian Spirituality. I work as a counsellor with significant experience in both loss and trauma and I am interested in the spiritual aspects of these.

---

**Liz Grant (Christian)**

[liz.grant@talktalk.net](mailto:liz.grant@talktalk.net); 020 7627 1621

I'm a trained psychotherapist interested in the crossover between therapy and spirituality.

---

**Kate Hampton (Christ Centered; attend my local Anglican church & work within it)**

[kathryn.hampton@btinternet.com](mailto:kathryn.hampton@btinternet.com); 020 8785 3129

I have a special interest in the following: spiritual crisis, contemplative prayer, cognitive patterns, depression, transformation and spiritual understanding.

---

**Tine Jaeger (Christian)**

[tine@jaeger.fsnet.co.uk](mailto:tine@jaeger.fsnet.co.uk)

I have experience of accompanying people of other or no faith.

---

**Julian Maddock (Christian)**

[Julian.a.maddock@gmail.com](mailto:Julian.a.maddock@gmail.com); 07951 759 953

I trained at St Beunos and the Ignatian Spirituality course. I have 25 years' experience as a spiritual director, trainer and supervisor. I have been a hospital chaplain. My interests include: the Spiritual exercises of Ignatius, Practicing Presence 'The Body', morality, illness and death. I write about spirituality and the body at [www.thisbody.info](http://www.thisbody.info).

---

## London - South *cont...*

### **Dawn Pointing (Christian)**

[dawnabroad@yahoo.co.uk](mailto:dawnabroad@yahoo.co.uk)

I love being alongside people in their spiritual journeys, having been in pastoral ministry for some 30 years, leading quiet days and retreats, and as a spiritual director since training at the centre 2010-12. I am open to seeing people from different Christian traditions or none. My own church background has been mainly in free charismatic churches but I've been part of other traditions and enjoy different expressions of spirituality, particularly contemplative. My experience includes debriefing and direction for people returning from overseas. I usually see people in my home in Orpington, but could also meet in central London and I have also used Skype.

---

### **The Rev. Michael Sawyer (Methodist)**

[michaelsawyer@tiscali.co.uk](mailto:michaelsawyer@tiscali.co.uk) ; 020 7223 5933

I have a special interest in cross cultural spiritual direction and inter denominational spiritual direction. I work with the homeless and the poor. I have experience in leading training and retreats for ministers. I have a special interest in the writing of Thomas Merton, in particular his approach to spirituality outlined in his book Contemplation in a World of Action.

---

### **Alison Seaman (Anglican)**

[Alison.seaman@alibri.co.uk](mailto:Alison.seaman@alibri.co.uk)

I was trained in the art of spiritual direction at the LCS. My particular interests are in spiritual well-being, spirituality and the creative arts and in the spiritual nurture of children and young people

---

### **The Rev. Rosemary Shaw**

[rosemary.shaw1@ntlworld.com](mailto:rosemary.shaw1@ntlworld.com)

I have experience of exploring vocation both lay and ordained; working in chaplaincy (hospital) and bereavement issues.

---

### **Martin H Taylor (Baptist – Free Church)**

[marthtaylor@hotmail.co.uk](mailto:marthtaylor@hotmail.co.uk) ; 07788 908327

I have more than 15 years engaging in spiritual direction. I carried out my training at LCS in 2001 – 2003. I am committed to ongoing spiritual formation and professional development.

---

## London - South *cont...*

**Barbara Wilson (Roman Catholic)**

[Basiawilson1@gmail.com](mailto:Basiawilson1@gmail.com) ; 07713 242 449

I am a Catholic lay woman, trained at LCS in spiritual direction. I am to develop directees relationship with God and respond to God's overwhelming love for them. I am trained to take people through Ignatius spiritual exercises in daily life or work with them on an ad hoc basis.

---

## London West *(Area Adviser: Karen Wellman)*

**Clare Balfour RSCJ (Roman Catholic)**

[cbalfour0412@gmail.com](mailto:cbalfour0412@gmail.com); 07736 361 808

I belong to a religious order within the Ignatian tradition. I have several years' experience of spiritual accompaniment, of accompanying eight day and 30 day Ignatian Spiritual Exercises and of accompanying 19<sup>th</sup> Annotation. I am happy to work with all denominations.

---

**Fr. Peter J Kelly (Catholic)**

[pjk19hatch96@live.co.uk](mailto:pjk19hatch96@live.co.uk) ; 07932 109566

I have 30 years' experience working as a missionary in Uganda Africa. This included retreat work and chaplain work to The Poor Clares. I completed training in Spirituality and Retreat work and Direction at St. Beunos Spirituality Centre, North Wales, 1994. I gave spiritual direction over nine years at Sutton Coldfield, Birmingham from 2005 – 2013.

---

**Geoff Nicholson (Anglican)**

[Geoff@retailinterface.co.uk](mailto:Geoff@retailinterface.co.uk); 07970 880382

Trained as a Spiritual Director in the Ignatian tradition at the London Spirituality Centre, Geoff also has experience of managing a successful consultancy firm.

---

**Gill Sewell (Quaker)**

[gill.sewell410@gmail.com](mailto:gill.sewell410@gmail.com); 07977 478473

I am willing to accompany individuals from any faith traditions or none, mainstream or on the margins. I have experience of providing spiritual direction by Skype across continents.

---

## London West *cont...*

**Shelia Thomas (Evangelical, charismatic)**

[Shelia.thomas@btinternet.com](mailto:Shelia.thomas@btinternet.com)

I trained as a Spiritual Director 12 years ago. I enjoy accompanying people on their spiritual journey, helping them grow in freedom to choose well, and to live well. I enjoy helping people explore their faith and how their faith relates to every area of their lives.

---

## Oxfordshire

**Julia Bee (Christian)**

[Julia@life-encounter.com](mailto:Julia@life-encounter.com) ; 07929 618004

I am a guide for the Ignatian Exercises. I have a particular interest in all aspects of contemplative spirituality, Christian Meditation and end-of-life spiritual care. I am happy to discuss the possibilities of working with directees from any faith or no faith backgrounds.

---

**Graham Francis Forristalle (Roman Catholic)**

[gforristalle@tiscali.co.uk](mailto:gforristalle@tiscali.co.uk); 01865 773 817

I have an interest in work with young adults. My background is in youth ministry and youth retreat work.

---

## Suffolk

**Anthony Lury (Anglican)**

[anthonylury@gmail.com](mailto:anthonylury@gmail.com) ; 01473 273395

I trained on the London Ignatian Course and have been a tutor on the LDCSD and Encounter courses. I am a retired Parish Priest and see people both in Suffolk and at the London Spirituality Centre.

---

**Stephen Lloyd (Evangelical Anglican)**

[stephenrloyd@btinternet.com](mailto:stephenrloyd@btinternet.com)

I am a retired vicar, offering ministry of accompaniment and listening, seeking to enable others to reflect on their relationship with God, and to encourage growth in our experience of freedom that is to be discovered in Christ.

---

## Surrey

**Ruth Connor (Catholic)**

[ruthconnorssa@yahoo.co.uk](mailto:ruthconnorssa@yahoo.co.uk) ; 07740 650376

I have a special interest in spiritual accompaniment in daily life. I have experience of doing the Spiritual Exercises.

---

## Surrey cont....

**Mark Godson (Christain)**

[direction@markgodson.net](mailto:direction@markgodson.net)

I offer spiritual accompaniment that draws on the contemplative, mystical and Ignatian strands within the Christian tradition. It is informed by my study and practice of Zen and my work as a psychotherapist. I was Director of LSC from 2011 – 2015

---

**Celia Harrisson (Christian Ecumenical)**

[celiaharrisson@yahoo.co.uk](mailto:celiaharrisson@yahoo.co.uk) ; 07775861560

I am interested in the interface between Psychotherapy and Spiritual Direction. As a psychotherapist, I specialize in working with complex trauma, Dissociation and Attachment. I welcome directees with this background for the work of Spiritual Direction. I have experience of participating in the 19<sup>th</sup> Annotation and 17 years in an ecumenical Christian Community.

---

## Sussex

**Victoria Bathurst (C of E)**

[victoriabat@aol.com](mailto:victoriabat@aol.com); 07966 519 969

I have a special interest in the use of image and the imagination for contemplation.

---

**Judith Bendkowski (Anglican)**

[judithbendkowski@gmail.com](mailto:judithbendkowski@gmail.com) ; 07771 984 955

My faith and faith tradition and my approach to those seeking accompaniment is inclusive. I have experience of accompanying new and young Christians, those discerning their vocation, ordinands, clergy and others whose faith has been developing for many years. I accompany 19<sup>th</sup> Annotation Ignation retreatants.

---

## Sussex cont...

### Jennie Ring (Christian)

[Jennie.ring@ntlworld.com](mailto:Jennie.ring@ntlworld.com)

I completed the Introduction to Spiritual Direction course with Chichester Diocese in 2014. I'm from a Free Church background but appreciate and use traditions and practices of other strands of Christian faith. I enjoy accompanying others in nurturing their connection with God, and a heart for those missing the Fatherhood of God in their lives.

---

### Val Smith (Baptist – Charismatic, Contemplative)

[val.smith1@gmail.com](mailto:val.smith1@gmail.com); 07989 357237

I have an interest in working to support missionaries in personal development and in the voluntary sector.

---

### Mary Penley (Anglo-Catholic)

[mary@marypenley.com](mailto:mary@marypenley.com); 01903 417385/07729 277 567

I am an Anglo-Catholic and trained as a Spiritual Director on the Encounter course. I love the natural world and have a passion for silence and beholding. With a deep respect for the dignity and sanctity of each individual I journey alongside, I lead retreat workshops combining various forms of creative expression within a framework of contemplative prayer. I have a background in the Arts, in bereavement counselling, geriatric and terminal care. For further details <http://www.marypenley.com/workshops>

---

## Wiltshire

### Julia Mourant (Christian)

[julia.caroline@btinternet.com](mailto:julia.caroline@btinternet.com)

I am an Anglican priest and have held posts in training and vocations. I live in Basingstoke and also spend part of the week in Salisbury where I offer spiritual direction, supervision and vocational coaching, as well as being responsible for a course for spiritual directors.

---

## Jewish

### Esther Aronsfeld

[e.aronfeld@gmail.com](mailto:e.aronfeld@gmail.com) ; 07855 251255

I am an ordained Interfaith Minister and Spiritual Director from a Jewish background. I work with people who don't consider themselves religious, but long for meaning, clarity and direction. I lead retreats for CARM; courses in Jewish spirituality for Christian groups. My background includes management training, coaching and bereavement support.

---

### Suzanne Helena Cohen

[suzannecohen@btinternet.com](mailto:suzannecohen@btinternet.com) ; 07944 767274

I am an Interfaith Minister who trained in Spiritual Direction via the Encounter course, with a background in Spiritual Counselling, Spiritual Healing and Gestalt Therapy. I have an interest in understanding how the different faith traditions help us root our lives in a meaningful way

---

## Ireland

### Tom McNamara (Roman Catholic)

[tomm.mc@gmail.com](mailto:tomm.mc@gmail.com) ; 0035387763980

I integrate energy work (especially EFT – Emotional Freedom Technique) with spiritual accompanying. I have experience of IGR and am a trained counsellor.

---

## DIRECTION via SKYPE/FACETIME and EMAIL

The following are willing to offer spiritual direction by email or Skype:

**Martin Carr** (Anglican): [martincarr@hotmail.co.uk](mailto:martincarr@hotmail.co.uk) (Email only)

**Suzanne Cohen** (Jewish – Central London): [suzannecohen@btinternet.com](mailto:suzannecohen@btinternet.com)

**Annette Kaye** (Christian – South London): [annette@annette-kaye.com](mailto:annette@annette-kaye.com)

**Mary Penley** (Anglican – Central London): [mary@marypenley.com](mailto:mary@marypenley.com)

**The Rev. Martin Taylor** (Baptist – South London): [marthtaylor@hotmail.co.uk](mailto:marthtaylor@hotmail.co.uk)

**Nicole Paice** (Catholic – Central London): [nicole@paicefamily.co.uk](mailto:nicole@paicefamily.co.uk)

**Jessica Davies** (Anglican – Central London): [jessica.davies@me.com](mailto:jessica.davies@me.com)

**Jane Sigrist** (Anglican - Berkshire): [jane.sigrist@googlemail.com](mailto:jane.sigrist@googlemail.com) (Skype & Facetime)

**Kate Hampton** (Christ Centered – Central London): [kathryn.hampton@btinternet.com](mailto:kathryn.hampton@btinternet.com) (Facetime)

**Rosemary (Rosey) Feuell** (Anglican/CofE; Baptist): [roseyleaf@talktalk.net](mailto:roseyleaf@talktalk.net) (Email only)

**Gill Sewell** (Quaker): [gill.sewell410@gmail.com](mailto:gill.sewell410@gmail.com)

**Dawn Pointing** (Christian): [dawnabroad@yahoo.co.uk](mailto:dawnabroad@yahoo.co.uk)