

## **Spiritual Director Information**

Rev. Ed Heilman (Toledo)  
[eheilman@hotmail.com](mailto:eheilman@hotmail.com)  
Cell: 567-694-9933

Rhonda Hainer (St. Marys)  
[rhonda.hainer@gmail.com](mailto:rhonda.hainer@gmail.com)  
Cell: 563-210-3505

Beth McKibben-Nee (Tiffin)  
[emckibbennee@gmail.com](mailto:emckibbennee@gmail.com)  
Cell: 919-675-5385

**What is Spiritual Direction?** Spiritual Direction is a service of sacred listening and discernment. Spiritual direction slowly deepens and unifies the interior and exterior. Spiritual direction is patient, kind, honest, and confidential. Spiritual direction is not hierarchical or forced.

“If you want to go fast go alone. If you want to far go together.”  
African proverb

Please contact one of the above if you would like to explore what spiritual direction is and how it can help in your day to day life.

If there are any other spiritual directors you know who would be interested, please let us know by contacting Pastoral Relations WG of the Church and Ministry Team by calling the Association office. 419-447-8323

The NWOA Pastoral Working Group of The Church and Ministry Team