



Western Iowa Synod
Evangelical Lutheran Church in America
God's work. Our hands.



SOUL COMPANIONS
SPIRITUAL DIRECTION

Spiritual direction is creating sacred space to listen to God's Spirit. It is responding to your yearning for a deeper relationship with God. A spiritual companion helps us name the presence of God in our lives and helps us discover our true self, even during darkness and pain.

While this effort is supported by the Bishop and the Synod, the relationship between the directee and the spiritual director is personal and confidential. Communication will occur directly between the person seeking direction and the Soul Companion. Together they will decide on frequency of gathering; whether to meet virtually or in person; if in person, where to meet; fees for spiritual direction, etc. All Soul Companions use a sliding scale for fees with a maximum stipend of \$50 per session.

These are the current spiritual directors offering their services to the people of the Western Iowa Synod. Please feel free to contact them for more information.

Rev. Trish Underberg currently serves Country Roads Ministries (two congregations) in Craig and rural Akron, Iowa. Pastor Underberg will be certified in fall 2020 by the Spiritual Direction program with the Benedictine Sisters of Sacred Heart Monastery in Yankton, SD. She is available for Spiritual Direction and can be reached at 712-660-8583 or underbergtrish@gmail.com.

Rev. Jay Denne is the pastor of St. Luke Lutheran Church, Sioux City, IA. He was trained in Spiritual Direction at the Benedictine Peace Center in Yankton, SD. Pastor Denne is available either in person or virtually, although he prefers that the initial session be done in person if possible. His can be reached at 712-898-1678 or revjaydenne@gmail.com.

Judy Riemersma is retired and lives on an acreage between Sheldon and Ashton, IA. Judy attends American Lutheran Church in Melvin, IA. She graduated from the Benedictine Monastery's two-year program for Spiritual Directors. She currently is meeting outdoors to provide social distancing. Judy can be reached at 712-724-6265, 712-348-0406 (cell) or hjriemer58@gmail.com.

Vicky Brodale graduated with a Certificate in Spiritual Direction in April 2018 from the Spiritual Direction Ministry Formation Program at the Benedictine Peace Center in Yankton, SD. Vicky is available to meet in person, by phone or by Skype. She lives in Cherokee, IA and can be reached at 712-229-0064 or sppath@gmail.com.

Mark Stelzer has been a Certified Spiritual Director since June 2020. Mark received his training through Seeking the Spirit Within, sponsored by the Nebraska Synod of the ELCA. A retired general surgeon, he lives in Spirit Lake, IA and attends First Lutheran Church in Milford,



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IA. He is available in person or virtually depending on the circumstances and can be reached at 712-540-2750 or markestelzer@hotmail.com.

Kathy Stelzer has been a Certified Spiritual Director since June 2020. Kathy is a Lutheran Deacon Candidate, a member of First Lutheran Church, Milford, IA. She lives in Spirit Lake, IA and is available to meet with directees in person or virtually. She can be reached at 712-540-0656 and email is kathyschurchnonly@gmail.com.

Carol DeSchepper received her Spiritual Direction training at the Benedictine Monastery in Yankton, SD in 2008. Carol lives near Lake Park, IA and attends First Lutheran Church in Milford, IA, where she is a leader for Stephen Ministry and helps facilitate small groups focused on spiritual training. A retired nurse, Carol is happy to meet with directees in person or virtually. She can be reached at 605-261-0581 or cjdeschepper@gmail.com

Rev. Deb Mechler serves the Western Iowa Synod as an interim pastor. In 2018, Pastor Mechler was certified as a Spiritual Director by the "Seeking the Spirit Within" program of the Nebraska Synod of the ELCA. A resident of Spencer, IA, she meets with directees in person and online. Pastor Mechler can be reached at 712-260-3286 or dsmechler@gmail.com.

Kris Dill has been a Certified Spiritual Director since June 8, 2020. Kris received her training through Seeking the Spirit Within, sponsored by the Nebraska Synod of the ELCA. She has trained as a Stephen Ministry leader and is a member of First Lutheran Church in South Sioux City, NE. A resident of South Sioux City, Kris can meet online or in person. Because she works fulltime, evenings appointments are best, weekends are possible. She can be reached at 715-680-9062 or Kdill@flcssc.org.