



SPIRITUAL GUIDANCE

Welcome to the Retreat House at Hillsboro

Be still Here you will find a place to step away from the demands of everyday life. With open spaces to sit for quiet reflection, reading or meeting with others, the Retreat House offers peaceful respite.

Walking prayer Nestled in the meadow of the Retreat House is a traditional Chartres-style walking labyrinth that is always open for individuals or groups.

Sanctuary Overlooking the meadow is historic St. Paul's Church, part of the Hillsboro community since its founding in 1858. After being dormant for more than 20 years, the church is welcoming the return of services and prayers and is available for special occasions.



"We are spiritual beings having a human experience."

-Pierre Teilhard de Chardin

It is often easy to lose sight of this truth in our fast-paced, tightly scheduled world. Spiritual direction or guidance is a practice that helps us stay grounded in the midst of chaos. A spiritual director prayerfully holds space for a time of slowing down, sharing about things that make up the days, and noticing the movement of God in those things. In a confidential, non-judgmental atmosphere, there is space to listen for God's voice and invitation.

At the Retreat House, spiritual guidance is a growing ministry. If you are interested in a personal session, please contact one of the individuals below to make arrangements.

RODNEY DEAN is a lifelong seeker who began his journey in the Methodist Church of his ancestors, and found his way to The Episcopal Church over 30 years ago. With more than 25 years in the financial industry, Rodney leads community engagement efforts for The Retreat House at Hillsboro and is an independent consultant for a variety of organizations. Rodney began Shalem Institute's Spiritual Guidance Program in March 2018. He has two adult children who are also his teachers.

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BILL DIETRICH is a member of the Religious Society of Friends (Quakers) and has been providing contemplative spiritual guidance/companionship for over 25 years. He is a retreat leader and teaches Zen and other forms of meditation in interfaith settings. His ministry is focused on serving persons at end of life and in supporting those who work in hospice and other end of life settings. Bill is a graduate and current adjunct faculty of the Spiritual Guidance Program of the Shalem Institute for Spiritual Formation. He and his wife, Anne, live in Rehoboth Beach and have three grown children and two grandchildren.

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THE REV. SYD STEWART, an ordained UMC retired pastor answered her call to ministry after a career in the corporate world. Her passion is leading retreats and offering Spiritual Direction to individuals seeking a deeper relationship with God. Syd has a strong sense of individual and social justice and walking alongside others during transitional times. After serving churches in Virginia and North Carolina Syd and her husband, Doug, now live in Lower Sussex County, Delaware. They have three adult children and five “perfect” grandchildren. “Be still, and know that I am God.” Psalms 46:10

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SUZANNE STRAUB FOEHL is a member in the 2019 Spiritual Guidance Class at Shalem Institute and welcomes the training to deepen and widen her spiritual journey to share with others. For Suzanne, partnering with another in spiritual guidance gives texture to Jesus’ admonition in Matt 18:20—where a community is gathered we are linked, organic and divinely loved. Humbled by that space, she welcomes the use of listening, silence and Centering Prayer to invite the Holy Spirit to guide our work.

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FRANCIE THAYER is the Director of the Retreat House at Hillsboro and received her training in spiritual guidance at The Shalem Institute in Washington DC. A life-long Episcopalian, she received a Masters Degree from Virginia Theological Seminary in 2014. She lives in Galena, MD with her husband where their three adult children love to visit.

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ADELA ROSE completed Education for Ministry (EFM) and is a graduate of the Shalem Institute Spiritual Guidance Program. As a Spiritual Director and active member of St. Anne's Episcopal Church in Annapolis, Adela is an experienced leader of Bible Study Groups, retreat days and contemplative prayer groups. She is a member of a Healing Prayer ministry and volunteer for the 2019 Nurturing the Call spiritual guidance program at the Shalem Institute.

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HOWARD SNYDER is a retired financial consultant and lawyer whose training in spiritual guidance has been with the Shalem Institute's Spiritual Guidance Program. Holy listening has been part of Howard's life for a long time. He enjoys yoga and swimming and is an avid Philadelphia Phillies fan.

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PHILLIP STEPHENS is a graduate and staff member of The Shalem Institute's Spiritual Guidance Program. Serving as a spiritual guide and retreat facilitator, he is interested in pluralism and interspirituality.

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HEATHER STRANG is a graduate of the Shalem Institute's Spiritual Guidance Program and supports current associates with prayer encouragement. She is a spiritual companion, contemplative small group facilitator, retreat leader and culinary teacher. Heather is active in the prayer ministry at St. Anne's Episcopal Church. She and her husband live in Annapolis, where they raised two sons.

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DEBRA DONNELLY-BARTON is a graduate of The Stillpoint School for Spiritual Direction and the General Theological Seminary in New York. She has an MA in theology from St. Mary's Seminary and University. Debra has studied the Ignatian spiritual exercises as well as an intensive training in centering prayer with Thomas Keating. "As a director I tune my ears to gently recognize places within the soul that resonate with the freedom God is giving."

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GENE FOEHL seeks to be one with the Lord in all things and to provide encouragement to others to do likewise. His experiences include various roles in Episcopal and Presbyterian churches, offering spiritual retreats in his Galena home, practicing law, directing a prison ministry program, involvement in the Worldwide Marriage Encounter, concentrating on youth and community improvement and producing a children's Christmas movie (www.christmasdreamsthemovie.com).

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THE REV. PAUL W. GENNETT, JR. has been enjoying his deeper calling to walk with others in his recovering spiritual journey for the last 20 years. He has led retreats on spiritual living and the Twelve Steps for both recovery and non-recovery communities. Paul's prayer as a spiritual companion is incarnated in "The Road to Emmaus" story [Luke 13:13-35] as walking with one another and being open to the Presence in our midst.

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CARLYLE GILL has been an Episcopal priest for over 40 years and serves part-time at St. Peter's in Lewes, Delaware where she also lives. Carlyle has been engaged in spiritual direction for 14 years. Her own spiritual practice is the contemplative discipline of Centering Prayer that guides her practice of spiritual direction and orientation to the gift of living.

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HEATHER HALL is graduate of Hesychia School of Spiritual Direction, an ecumenical and multi-faith program. She is a lifelong learner and seeker who graduated from Education for Ministry and JustFaith. While living in Anchorage, Alaska, Heather was active with St Mary's Episcopal Church, where she led Adult Education – developing and facilitating classes, workshops and retreats – and Outreach programs. Born and raised in Maryland, where she taught college and started her career in environmental science, Heather recently returned to the Shore to establish her encore career as a life coach, spiritual director and storyteller through arts & crafts.

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THE REV. NANESE HAWTHORNE'S call to Spiritual Direction began while serving as a Christian Education Director at an Episcopal Summer Camp. There she was drawn into work with youth and young adults who asked questions about their spiritual experiences. Nanese has trained as a spiritual director at the Shalem Institute for Spiritual Formation and recently retired as Rector at All Hallow's Church in Snow Hill, MD.

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*“Spiritual direction is, in reality, nothing more than a way
of leading us to see and [hear] the real Director —
the Holy Spirit hidden in the depths of our soul.”*

-Thomas Merton

LINDA MASTRO is a graduate and on the faculty of the Bon Secours Spiritual Direction Institute in Marriottsville, MD. Linda serves in liturgical ministry at Saints Peter and Paul Catholic Church in Easton and is a spiritual guide for individuals and groups. She is a graduate of the University of Delaware and the Maryland University of Integrative Health. A life coach, retreat leader and professional writer, Linda is co-author of the book [Petite Retreats: Renewing Body, Mind, and Spirit without Leaving Home](#) (find it on Amazon.com.) Linda lives in Easton, Maryland. Learn more about Linda at livingpilgrimage.com.

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JULIA MORRIS-MYERS loves discovering the sacred in everyday life. She is a musician, teacher and spiritual director on the Eastern Shore of Maryland, where she lives with her husband and assorted pets. Julia is the Director of Music at St. Paul's Episcopal Church in Centreville and has certificates in leading groups and in spiritual direction from the Shalem Institute in Washington, DC, and Bon Secours Retreat Center in Marriottsville, MD.

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SR. ELEANOR MURRAY, OSB, a Benedictine Sister for more than 30 years, strives to follow St. Benedict's instruction to “listen with the ear of your heart.” Sr. Eleanor recently completed the Spiritual Direction Formation Certificate Program at Neumann University, Aston, PA., where a compassionate presence and a listening heart, along with a deep conviction that God is the actual director, were presented as essential characteristics of a Spiritual Director.

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MARTY QUILLEN is a retired Social Worker who is certified in Spiritual Direction from Shalem Institute and Gestalt Pastoral Care. She is a retreat leader and Spiritual Director and is active in her church as a prayer minister and lay leader.

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