



ST. MARK'S SPIRITUAL DIRECTION MINISTRY

Sandy Centeno

Vicki Fink

Tammy Minuti

Victor Resendiz

2026

Spiritual Direction

Compassionate Listening



Spiritual direction (compassionate Listening) is an ancient practice of deep listening and attentiveness by one person to another. When you are deeply listened to in this way, spiritual direction can be a path toward a deeper relationship with God, yourself, and others. It is a part of our spiritual formation just like worship, Bible study, prayer, and other spiritual practices.

Howard Thurman, who was Martin Luther King's spiritual director, once said, "There is something in every one of you that waits and listens for the sound of the genuine in yourself. It is the only true guide you will ever have."

Practically speaking, a spiritual direction session is typically 50 minutes long, and while scheduling is flexible, most people meet with their spiritual director about once a month.

Both inquiries about spiritual direction and everything shared in any spiritual direction session are held completely confidential.

At St. Mark's we offer spiritual direction on a sliding scale. The suggested contribution is \$50/50 minute session for St. Mark's members, and \$75/50 min.session for non-members. The introductory/first session is always complimentary. If you would like spiritual direction but are not able to pay the suggested amount, please let us know. No one will be turned away because of inability to pay. You can meet with a Spiritual Director in person at St. Mark's, virtually, or on the phone.

Compassionate Listening

Tammy Minuti

It is honor to be a soul friend.
To see each other with a generous lens.
Have time together to share deeply.
Healing can come through sharing our story.

Drop deep into yourself -
past the to-do list,
past your brokenness,
past your image of yourself,
to the image a loving God has of you.

Trust that you are loved.
Trust that you are strong.
Trust that you are a sacred companion.

See the beauty in the world around you.
See the beauty in the deepest part of you.

Connect with your authentic self.
Connect with what your soul longs for.
Connect with what you deeply desire for the world around you.

Know that your ancestors loved you into existence.
Know that you are an ancestor in the making.

We grow with each other,
for each other.
Noticing and responding to love-
in us,
around us,
with us.

Healing ourselves heals the world.

Tammy Minuti

Spiritual Director
Eco-Spiritual Direction
Forest Bathing Guide
(She/Her)



About Tammy

Tammy was trained as a spiritual director through the SMU Perkins School of Theology program in Dallas, TX. Tammy has a vision of our interconnectedness with all creation. She is a member of Spiritual Directors International. She is an Association of Nature and Forest Therapy certified guide.

She is also a trained facilitator through Oriented to Love, a dialog program of Christians for Social Action. Tammy welcomes all who are curious and want a compassionate listener to walk alongside them to explore the mystery of faith. She enjoys offering art, Forest Bathing, Labyrinth walking, and writing to help facilitate listening to the Holy. She has a heart for the LGBTQ+ community, interfaith and inter-spiritual growth, everyone!

Contact information to set up a Spiritual Direction session:

Phone: (630) 492-0647

Email: tammyminuti@gmail.com

Available both virtually (Zoom, etc.) and in person at St. Mark's
throughout the week.



Rev. Victor M. Resendiz

Spiritual Director
Writer
Strategic Director
Teacher of Spiritual Formation

Fluent in English/Spanish

About Victor

Victor M. Resendiz serves at White's Chapel Methodist Church in Southlake, Texas. He acquired his certification as a spiritual director from SMU – Perkins School of Theology. Victor has been in ministry for fourteen years working with the bilingual community, the addiction/recovery community, and teaching/guiding individuals

by providing a variety of classes in spiritual formation. He can walk with anyone that may be deconstructing from unhealthy doctrines. Victor also has a heart for fellow clergy that are looking for direction and a safe place to continue to deepen their own faith or nurture their soul.

Contact information to set up a Spiritual Direction session:

Phone: (832) 782-0864
Email: Mystic1971@icloud.com
Via Zoom – contact me for link
WhatsApp +1 (832) 782-0864

*Available for virtual meetings
on Thursdays, Fridays, and
Saturday mornings.*

Sandy Centeno

Spiritual Director
Teacher of Presence
Energy Healing Practitioner

English and Spanish



About Sandy

Sandy Centeno is a spiritual director, teacher of presence, and energy healing practitioner devoted to creating sacred, compassionate spaces where people of all faiths and backgrounds can encounter the Divine and rediscover the light within. Rooted in the Christian contemplative tradition, she companions others in discovering God's presence in everyday life.

She completed the Spiritual Direction Training Program and the Master of Arts in Ministry at

Perkins School of Theology, SMU. Before entering ministry, Sandy spent nearly three decades as a Montessori guide and bilingual teacher, nurturing children and families across cultures in Mexico and the United States.

Her heart is especially drawn to those navigating life transitions, grief, spiritual awakening, or seasons of uncertainty. She welcomes anyone seeking a safe and gentle space to listen deeply, find clarity, and grow in Love. Sandy offers spiritual direction virtually, by phone, or in person in Stillwater, Oklahoma.

Contact information to set up a Spiritual Direction session:

Phone: (214) 336-3080

Email: scenteno@smu.edu

"You are the light of the world... Let your light shine before others."

Matthew 5:14-16 (NRSV)



Rev. Vicki Fink

Spiritual Director

About Vicki

Vicki served as pastor in Lutheran (ELCA) congregations in northeast Wisconsin. She has recently relocated to suburban Chicago. Capuchin Franciscans offered her spiritual direction and led retreats near her home in Wisconsin, supporting her as she discerned a call to ordained ministry and then served congregations. As part of her 30 years of parish ministry, Vicki

participated in a Spiritual Direction and Retreat Ministry Training program through the Norbertine Abbey in Green Bay. She has offered direction and retreats in Wisconsin as well as to seminarians in Chicago. Vicki is grounded by the Christian Writings and Ignatian Spirituality and is open to meeting with people as they reflect on God's movement in their lives.

Contact information to set up a Spiritual Direction session:

Phone: (920) 450-7796

Email: vfink@gmail.com

Available both virtually and in person at St. Mark's
throughout the week.

St. Mark's Episcopal Church

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Glen Ellyn, IL 60137

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[www.stmarksglenellyn.org/
spiritual-direction](http://www.stmarksglenellyn.org/spiritual-direction)

