

Below is a list of Spiritual Directors from the Archdiocese of Regina who are available if you need to talk during this difficult time.

Spiritual Director	Email	Phone Number	
Ingrid Post	ingrid@yorktondigital.com	306-783-7499	
Pat Larnas	plarnas@hotmail.com	306-781-4261	
Marlene Miller	emilyjaxson@accesscomm.ca	306-541-7750	
Stephanie Molloy	s.molloy@sasktel.net	306-536-0722	
Carol Sheldon	carol.sheldon@sasktel.net	306-545-31851	Evenings only
Dennis Ziegler	d.ziegler@sasktel.net	306-539-7134	
Karen Ziegler	k.ziegler@sasktel.net	306-527-2738	
Teresa Whelan-Lux	3ts@sasktel.net	306-789-3669	
Jennifer Holtslander	Jennifer.holtslander@gmail.com	306-531-8562	
Sheila Wood	shelwood@sasktel.net	306-551-6498	
Shannon Cisyk	scisyk@sasktel.net	306-745-6338	
Brenda Brown	Brendalbrown3@hotmail.com	306-537-3697	

Spiritual Directors in Formation (These candidates have been in formation since August 2018 and will be commissioned by the archdiocese in June 2020)

Candidate	Email	Phone Number	
Terry Harty	tlharty@accesscomm.ca	306-761-5083	
Melissa Gurash	Tmouse69@gmail.com	306-527-3709	Evenings & Weekends
Bert Pitzel	Bpitzel1944@hotmail.com	306-570-1143	
Linda Smuk	lindasmuk@sasktel.net	306-216-1883	
Blair Ferguson	northcote.blair@gmail.com	306-539-6727	
Denise Esch	ddech@sasktel.net	306-949-1470	