

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	<a href="mailto:ingrid@yorktondigital.com">ingrid@yorktondigital.com</a>	306-783-7499	
Pat Larnas	<a href="mailto:plarnas@hotmail.com">plarnas@hotmail.com</a>	306-781-4261	
Marlene Miller	<a href="mailto:emilyjaxson@accesscomm.ca">emilyjaxson@accesscomm.ca</a>	306-541-7750	
Stephanie Molloy	<a href="mailto:s.molloy@sasktel.net">s.molloy@sasktel.net</a>	306-536-0722	Evenings only
Carol Sheldon	<a href="mailto:carol.sheldon@sasktel.net">carol.sheldon@sasktel.net</a>	306-545-31851	
Dennis Ziegler	<a href="mailto:d.ziegler@sasktel.net">d.ziegler@sasktel.net</a>	306-539-7134	
Karen Ziegler	<a href="mailto:k.ziegler@sasktel.net">k.ziegler@sasktel.net</a>	306-527-2738	
Teresa Whelan-Lux	<a href="mailto:3ts@sasktel.net">3ts@sasktel.net</a>	306-789-3669	
Jennifer Holtslander	<a href="mailto:Jennifer.holtslander@gmail.com">Jennifer.holtslander@gmail.com</a>	306-531-8562	
Sheila Wood	<a href="mailto:shelwood@sasktel.net">shelwood@sasktel.net</a>	306-551-6498	
Shannon Cisyk	<a href="mailto:scisyk@sasktel.net">scisyk@sasktel.net</a>	306-745-6338	
Brenda Brown	<a href="mailto:Brendalbrown3@hotmail.com">Brendalbrown3@hotmail.com</a>	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	<a href="mailto:tlharty@accesscomm.ca">tlharty@accesscomm.ca</a>	306-761-5083	
Melissa Gurash	<a href="mailto:Tmouse69@gmail.com">Tmouse69@gmail.com</a>	306-527-3709	Evenings & Weekends
Bert Pitzel	<a href="mailto:bertpitzel1944@gmail.com">bertpitzel1944@gmail.com</a>	306-570-1143	
Linda Smuk	<a href="mailto:lindasmuk@sasktel.net">lindasmuk@sasktel.net</a>	306-216-1883	
Blair Ferguson	<a href="mailto:northcote.blair@gmail.com">northcote.blair@gmail.com</a>	306-539-6727	
Denise Esch	<a href="mailto:ddesch@sasktel.net">ddesch@sasktel.net</a>	306-949-1470	