703 E. MAIN STREET DEWITT, MI 48820



SAINT FRANCIS
RETREAT CENTER

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Spiritual Directors

Directors on this list have requested to be placed here and are currently accepting directees. Be sure to ask your own questions regarding how the director directs, any beliefs in the faith you would like to clarify, etc. to see if a director is a right fit for you.

Name	Location	Email	Certification program
Nancy C. Carter	Jackson, Ann Arbor	nancy.carter.dre.strita@gmail.com	Institute for Spiritual Direction
Deacon Michael Dear	Flint Area/ Able to travel	deaconmikedear@flintcatholic.org	Institute for Spiritual Direction / Currently Enrolled at Manresa Jesuit House
Deacon Rick Freedberg	Jackson/Mason /Lansing	dcnrick@queenschurch.com	Institute for Spiritual Direction
Todd Gale	Jackson Area/Zoom	todd@saintjohnjackson.org	Heart of Christ through Christ the King, 2015 / Currently Enrolled in Encounter Ministries
Adam Halfman	Fowler	halfmanadam@gmail.com	See bio for experience
Dr. Barabara Hiranpradist	Lansing area	barbara.hiranpradist@gmail.com	Institute for Spiritual Direction
Patricio Medina	Lansing area	Patricio63@msn.com	Institute for Spiritual Direction
Wilson Perkowski	Lansing area	spirituallivesofwomen@gmail.com	Spiritual Directors International
Steve Rivet	Lansing area	stephen@smrdirection.com	Grand Rapids Dominican Center at Marywood
Lynda Shea	Saline area	lynda5652@gmail.com	Institute for Spiritual Direction
Jan Swedorske	Fenton	jmswedorske@gmail.com	Institute for Ministry Formation, May 2025

See bios on next pages

Spiritual Director Bios

Nancy Carter: My name is Nancy Carter and I am honored to be offering Spiritual Direction to people. I felt the call to this ministry after taking a Called and Gifted course (for the second time) and discerning my gift of Pastoring. I have been working in parish ministry for over 20 years and have felt God's hand in my life and enjoy helping others establish that connection with Him. I primarily offer spiritual direction on Tuesdays and Wednesdays.

Deacon Michael Dear has experienced a divorce, death of a spouse, Spiritual counseling as a deacon, works for a hospice company, and chaplain at Hurley Hospital. He also works with marriage prep and annulments.

Deacon Rick Freedberg: I am a deacon with the Diocese of Lansing assigned to Queen of the Miraculous Medal parish in Jackson. Formerly, I was a nurse for 40 plus years. My clinical interest and PhD were in mental health care delivery. I also am a Secular Franciscan, professed in 2009.

Todd Gale: Husband, Father, Grandfather, Catholic convert and almost 30 years in parish ministry. Todd uses a mix of Ignatian, Carmelite, Lectio, & Inner Healing Prayer to walk alongside folks, assisting in the practice of listening to the Holy Spirit. He is experiencing great fruitfulness and joy through Spiritual Direction!

Adam Halfman: Over the course of thirteen years working in parish ministry for the Catholic Church, I have learned a variety of different tools and methods for helping others. Some include Called and Gifted, Ignatian Spirituality and Discernment of Spirits, Encounter Ministries, Unbound Prayer, and StrengthFinders, as well as coaching training through the Catholic Leadership Institute. There is no “one size fits all” when it comes to walking with others through life’s issues. My approach to working with clients is through asking questions and focusing on the areas that they think are most important. I enjoy getting to know people and hearing their stories. My areas of specialty focus on coaching (walking with you through the choices you face in life), spiritual guidance (helping you discern where God might be calling you) or

healing prayer (working with you through past hurts, mistakes or lies that you believe about yourself). If you have something weighing on you, feel like God might be calling you to something new, or are unsure of the next step to take in your life, please contact me to set up an online meeting. I would love the opportunity to work with you and see where the Lord leads us!

Dr. Barbara Hiranpradist: Originally from New York, Barbara completed her doctorate in Music Education and Music Therapy at Michigan State University. She taught strings/orchestra in the East Lansing Public Schools, was employed as a Music Therapist at the Michigan School for the Blind, and taught in the Music Department at Lansing Community College for 28 years. Barbara was also an organist and choir director at St. Thomas Aquinas for 40 years and now serves as a substitute for the Diocese of Lansing. Barbara graduated from the Spiritual Direction Program at St. Francis Retreat Center and serves as a Spiritual Director for retreats as well as in our own parish.

Wilson Perkowski Wilson Perkowski is a Catholic spiritual director based in Greater Lansing, Michigan. Having completed her spiritual direction formation in 1998, she brings many years of experience in spiritual formation, pastoral ministry, and accompanying women in their spiritual lives. Her work focuses on helping women recognize God's presence in ordinary life, reflect on their experiences, and discern how they are being called to respond. Through Spiritual Lives of Women (SLOW), Wilson offers a welcoming, thoughtful approach to spiritual direction rooted in Catholic spirituality and attentive to the realities of women's lives.She is currently accepting new directees for both in-person and Zoom sessions.

Website: https://spirituallivesofwomen.com
Email: spirituallivesofwomen@gmail.com

Jan Swedorske earned the certificate in Spiritual Direction from Saint Vincent Seminary in 2025. Jan is a Master Catechist, an ESM graduate and educator. She is an alumna of Eastern Michigan University, most recently serving as a Title 1 teacher at Saint John Vianney Catholic School in Flint, Michigan. Jan is married to Michael and they and their family are members of Saint John the Evangelist Church in Fenton.