Joseph Hedden is a United Church of Christ pastor with over 30 years experience. Since 2010, he has been the pastor at Emmanuel Reformed United Church of Christ, Export, Pennsylvania. He received a Certificate in Spiritual Direction and Spiritual Leadership from the Pneuma Institute in 2020 and regularly directs individuals and groups. Joseph serves on the faculty team of the Pneuma Institute. In addition to his local church and Spiritual Direction, Joseph is Dean and teacher of theology at the Keystone Academy for Ministry of the United Church of Christ, a lay ministry organization. He enjoys reading, hiking, and travel. Joseph is married to Dr. Jennifer Hedden and they have two adult daughters.

Lynn Holden is a contemplative and lifelong learner who is trained as a spiritual director (2005), licensed as a professional counselor (2010), and certified as an Enneagram practitioner (2021). Through Cultivating Awareness (www.lynnholden.com) Lynn invites reflective conversations and deep listening to the embodied wisdom that is within each of us. Rooted in the Christian tradition, Lynn reads broadly and participates in the mission and leadership of several ecumenical communities. She and her husband, Clarence, have been married for 40+ years, and live in Valencia, PA; they have two adult children and five young grandchildren.

Lynn Schrott is a Spiritual Director from Mt Lebanon, PA (south of Pittsburgh). She received her training from North Park Seminary in Chicago 10 years ago. Accompanying others on their spiritual journey has been and continues to be a joy and deep calling. She has a spiritual direction practice seeing directees online and in person. Lynn is a retired hospice nurse and enjoys reading, cooking, gardening and being outdoors. She and her retired husband, John, worship at an Anglican Church in Pittsburgh, have 3 grown and married daughters, a supersized and old dog, and 5 little grandsons.

Judith Shipley is a lay elder (PCUSA) with many years' experience in small group leadership, Bible teaching, mission and spiritual practice. She was part of the spiritual formation program at Pittsburgh Theological Seminary before entering training as a Spiritual Director with Pneuma Institute (www.pneumainstitutesdl.org). She has a small spiritual direction practice and works with directors-in-training for Pneuma. Judy reads widely and reflects deeply across faith traditions and wellness practices. She enjoys music, writing, walking and photography. Judy is married to William; they live in the North Hills of Pittsburgh. She has three grown children and 2 grandsons.