

## **Living Wisdom Group Spiritual Companioning Guides March 2025**

***Patty Forsberg*** is a spiritual director in Lincoln, Nebraska. Patty is a practicing teacher of Centering Prayer and Welcoming prayer with Contemplative Outreach and Bio-Spiritual Focusing with the Bio-Spiritual Institute. She has led many contemplative retreats over the years and is a Wisdom Spiritual Director working with both individuals and groups.

In her own words: "I started my contemplative journey with Thomas Keating and centering prayer - hungry for the Divine Therapy he talked about. That same hunger led to studying psychology and spirituality through the very helpful lens of other traditions as well. Big influences in my journey that continue to be important in my work with others are the Enneagram, Bio-Spiritual focusing and Internal Family Systems. Cynthia Bourgeault has been another large influence on my life, especially her work with Jean Gebser, Mary Magdalene and G. I. Gurdjieff. The other significant community in my life is The We Oneing - where our main practice is an eye open, paired meditation that has offered itself as portal to the sacred among us in very real ways. I especially love working with groups - there is something particularly special that happens when we come together with sacred intention - the divine seems especially active and present for our greatest good - deeply experiencing the truth of "For where two or three are gathered together in My name, I am there in the midst of them.""

**Contact:** [patty.forsberg@gmail.com](mailto:patty.forsberg@gmail.com) or [www.pattyforsberg.com](http://www.pattyforsberg.com)

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***Marcella Kraybill-Greggo*** offers Wisdom infused Spiritual Direction. Marcella is also a teacher, spiritual director, and dynamic participant in the wisdom school community. Marcella is Director of the Spiritual Direction Graduate Certificate Program at Moravian Theological Seminary as well as Director of Spirituality Programs at Moravian. Marcella holds a Master in Social Work, a certificate in Spiritual Direction, is trained as an Ignatian Spiritual Director, and has a certificate as an InterPlay facilitator (body Wisdom practice). Marcella has facilitated multiple Wisdom schools, regularly offers a 7 month 'Training in the Practices of Wisdom', facilitates Law of Three midwife groups and serves as co-chair of the Northeast Wisdom/Wisdom Waypoints Board. She has a passion for working with the Law of Three, the Law of Seven and the harmonizing of the three centers of knowing. She meets with both individuals and groups for Spiritual Direction by phone, Zoom or in person.

**Contact:** [marcellak2@aol.com](mailto:marcellak2@aol.com) or [marcellak-g.com](http://marcellak-g.com)

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**Susan J Latimer** In her own words: “I grew up singing. In church I sang in the children’s choir, where the music and liturgy became a part of me. Music (singing and piano) was my first love and I studied at Yale, in Vienna, and at USC receiving two degrees in music before pivoting towards priesthood. I also grew up with a love for the beauty of Creation, especially the Pacific Ocean and the hills of Southern California. Dogs, cats, and horses have been my companions and friends. I was ordained as a priest in the Episcopal Diocese of Atlanta in 1992, the same year I married John B. Roberts. John and I have two grown children, Franklin and Cecelia. Throughout my priesthood I have been focused on spiritual formation, contemplative practices, leading groups focusing on spiritual growth, and congregational development based in Benedictine spirituality.

In 2011 I became a professed member of the Order of the Ascension, a religious order in the Episcopal Church whose charism is parish development based in Benedictine spirituality, ascetical theology and practice, and organization development. I searched for an embodied, incarnational Christian spirituality for years, and finally found it in Cynthia’s teaching. Since 2015 I have been a student of Cynthia Bourgeault’s wisdom teaching and since then I have offered retreats and group work in this wisdom lineage; in person, and online through WisdomWaypoints. Since 2020 I have worked in the Gurdjieff attention exercises. I am a composer of wisdom chants and have been on the music team for several wisdom schools, as well as offering weekly online chants since April of 2020. I find great joy in sharing this wisdom lineage and practices with others.

**Contact:** [latimerdoves@yahoo.com](mailto:latimerdoves@yahoo.com)

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**Laura Ruth** Laura has been working one and one, and with small groups of people on the spiritual path, for over 25 years, with a concentration in Cynthia's work for the past 15 years. Wisdom companionship with attention to embodied practice, meditative prayer and spiritual exercise, works toward deepening capacities with which to meet daily life, these extraordinary times, and towards a grounded sense of service to the Whole.

To bear witness to and walk with those called to navigate and attend to their Wisdom path; to practice with, and turn in to the potential to live with awareness and fierce presence to all dimensions of our multifaceted reality—is an honor and a joy. Now, particularly present to the question: What is the call, here on the edge of worlds, and what is arising in our spirit right now?

Each has a path to follow and life teachers along the way. Respecting the path at the center of each person's journey, and standing with one's unfolding in connection with the Whole, is primary. Picking it up and doing the work is a life practice and spiritual art. We receive assistance; thanks be to God!



**Contact:** [laurampruth@gmail.com](mailto:laurampruth@gmail.com)

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**Chris Sanchirico** is a student of the Wisdom tradition, and has been a follower of Cynthia Bourgeault's teachings since 2018. In the past, she has studied an eclectic mix of spiritual practices, including Mystical Christianity, Tibetan Buddhism, and Yoga; and is currently delving into the Fourth Way of G.I. Gurdjieff. She has led Gratefulness Gatherings, StillPoint's Journey group, Centering Prayer and Lectio sits, and Wisdom Waypoints book circles. In addition to leading Living Wisdom groups she is available to provide individual spiritual companionship. She lives in Long Beach, California, loves the ocean, and is a Mom and Grandma.

**Contact:** [casanchirico@gmail.com](mailto:casanchirico@gmail.com)

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**Henry Schoenfield** is a life-long seeker who has been accompanying others on the spiritual journey for over twenty years. His practice of spiritual companionship has been shaped by his own experience of the Divine – both within and outside of traditional religious structures. As a gay man, he has lived in the tension of sensing the call to a deeper relationship with God in a church and larger culture in which he has been marginalized. As an ordained minister, he has worked in a variety of settings – parish ministry, hospital and hospice chaplaincy as well as clinical education of chaplain students. He is a Certified Professional Coach (PCC). Henry particularly enjoys working with others experiencing life-defining moments and seasons as well those who identify as LGBTQ+. Though his spiritual history is rooted in the Contemplative Christian path – particularly in Ignatian Spirituality, he has also grown much from the Thai Forest Tradition of Theravada Buddhism. Through the Wisdom Community, he has found the Fourth Way and Gurdjieff Work and Movements — which have become a significant part of his current practice. Henry is based in Lynn, MA and offers one-on-one and group Spiritual Companionship via Zoom.

**Contact:** [info@henryschoenfield.com](mailto:info@henryschoenfield.com)