

Christina Rhebergen



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Number of years as a Spiritual Director: I completed my certification in 2024 and have been working as a spiritual director full-time since then.

Education, training, certifications and experience: After earning undergraduate degrees in Mathematics and French, I spent twenty-five years in other fields before discovering spiritual direction, the first work I have ever experienced as a true vocation. I earned a Graduate Certificate in Spiritual Direction at the Anabaptist Mennonite Biblical Seminary. Coming from outside the Mennonite tradition, I was changed by their focus on peace and justice work. I continue to take seminars and workshops on making peace in times of conflict. I put this into practice working in my own church as we navigated difficult decisions. I apprenticed in healing prayer, and it informs my spiritual direction. This is the area where I most see and experience the healing grace of Jesus. Member of Spiritual Directors International (SDI), Michiana Spiritual Directors Network (MichianaSDN), mid-Michigan Spiritual Directors Network.

Specialties and/or focus areas: *Creative Arts* - I am a “maker” and feel most connected to God as Creator. While we likely won't make art together in sessions, creativity can be a rich avenue of exploration in our conversations. *LGBTQIA+* - I welcome and affirm persons of all identities. I came out as queer around 2020, and I am still living into what that means in my own life. Our sessions can be a place to explore the blessings of being queer. *Grief and Loss* - I come from personal experience of loss (death, divorce). We can explore finding the Divine even when you can't feel the blessing. *Mindfulness and Meditation* - I am comfortable with silence and I encourage taking time to notice — what's happening in you, what feelings you have, and (usually most telling) how you feel about what you're feeling. *“Recovering Christians”* - I have a tender concern for those who have been hurt by the church but haven't given up on God. If your walk of faith no longer looks the way others expected it to, we can explore new paths together.

Availability/day& time limitations: Tuesday through Saturday at various times. We can meet in person in South Bend, Indiana, or on Zoom. I am accepting new directees.

Style of direction: I believe the Holy Trinity invites us into new opportunities, new ways of being, and new understanding; that God calls, empowers, and equips us without forcing, coercing, or manipulating. Understanding the Divine's work in your life as invitation allows you to live in the freedom you have in Christ and to explore possibilities without pressure to always have answers.

In our sessions, I hold space for that exploration. I guide the conversation lightly, trusting that God speaks to you directly. Our time together is an opportunity to learn to listen for God, to discern what you are hearing, and to consider what it may be inviting you to.

The Divine One who invites us into freedom also welcomes us without condition. I extend that same spaciousness in spiritual direction to every person, across every identity and conviction. I will meet you where you are, listen with compassion, and sit with you in the waiting.

Personal Information/Interests/Etc: Rooted in a close-knit immigrant community in Southern Ontario, Canada, my life was shaped by faith, study, travel, and seasons of both joy and loss. I am a "maker" working chiefly in quilting, knitting, and book making. My life experiences include a divorce, deaths of close family members, 25 years of marriage, a cancer diagnosis and treatment, and coming out as queer.

I was formed in the Reformed tradition, where I developed a deep trust in God. I now hold that trust alongside the profound unknowability of God. Rather than a problem to be solved, I see the mystery of God as a place we can grow into all of our lives.

I live with my straight husband in a farmhouse we are slowly renovating in southwest Michigan. I recently took up swimming, reconnecting with something I loved as a child. I truly enjoy leading retreats and group prayer times, including a free monthly Lectio on Zoom, and I laugh the loudest and longest when I'm with any of my four sisters.