

Sr Ritamary Schulz, ASCJ

Sr. Ritamary Schulz is a member of the Apostles of the Sacred Heart of Jesus, living in Hamden, CT and involved in full time Spiritual Direction retreat and supervision ministry.

She has received a B.S in Psychology from St. Louis University, an M.S, in Pastoral Counseling from Iona College in N.Y. and an M.S. Ed. in Administration and Supervision from Southern Connecticut State University in New Haven, CT. She has spent many years in secondary education in Connecticut and St. Louis, Missouri as well as in community formation and leadership ministries.

Sr. Ritamary began her Spiritual Direction training in 2007 and is certified as a Spiritual Director and Supervisor through the West Virginia Institute for Spirituality. As a spiritual director, Sr. Ritamary is certified to offer the 30-day Ignatian Exercises and the 19th Annotation Spiritual Exercises in Daily Life. At present she ministers via zoom and FaceTime in various areas of the country as well as in person.

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