

The Journey Center Association's Spiritual Director Formation Program

Co-Director Biographies



Helen Cepero: Helen lives in Berkeley, CA and joins us here in Santa Rosa throughout the year for program intensives, special events and retreats. She received her training at the Spiritual Director's Institute (Mercy Center, Burlingame, CA). Helen has worked in spiritual direction in a number of settings for over 20 years, including involvement with the Pastoral Care Commission of the Pacific Southwest Conference of the Evangelical Covenant Church, the Center for AIDS Services in Oakland, CA and Kairos Prison Ministry at the Federal Correctional Institution in Dublin, CA. She has trained spiritual directors at the Mercy Center, Multnomah Biblical Seminary, the Center for Spiritual Direction, Chicago, IL. and the Journey Center (where she is the Program Director). She is also the author of two books: “Journaling as a Spiritual Practice: Encountering God Through Attentive Writing” and “Christ-Shaped Character: Choosing Faith, Hope and Love” (InterVarsity Press), plus a number of journal articles. Helen has a Masters of Divinity degree and is an ordained pastor with the Evangelical Covenant Church.



Joanna Quintrell: Joanna lives in Santa Rosa, CA. It was in the year 2000 that Joanna found herself in a spiritual crisis and first learned about spiritual direction. Her own experience seeing a spiritual director was life-changing and heart-transforming, as no one had ever taught her how to nurture her own inner life with God. After a few years, she felt a calling to serve others as a spiritual director and was initially trained at the Mercy Center in Burlingame, CA in 2003 (one-month intensive). Joanna has been working as a spiritual director since then. She received additional training and experience through the two-year training program at the Center for Spiritual Direction in Chicago, IL. and certification as a supervisor. She now serves as the Executive Director of the Journey Center Association and is the Administrative Director of this training program for spiritual directors. She has a Masters degree in Marriage and Family counseling and served in pastoral ministry for many years in a church setting.