



Elizabeth Kingsbury-Puscas is a Certified Professional Spiritual Director (CPSD) through Mayslake Ministries, Downers Grove, IL. She is also a licensed clinical social worker (LCSW) and has over 30 years of experience working with children, young adults and adults in various roles including teaching art for 15 of those years and also worked as a school social worker. She holds a Master's degree in social work (MSW with Honors) from the University of St. Francis in Joliet, Illinois and a lifetime member of Phi Alpha, National Honor Society. She has a School Social Work Licensure Endorsement from Aurora University, Aurora, Illinois, a Bachelor of Arts degree (BA) in education with a minor in Fine Arts from Benedictine University, Lisle, Illinois. She is a member of NASW

(National Association of Social Workers). Some areas of interest include (but are not limited to): Children/Teens/Young Adults/Adults/Elderly, Family/Couples, Grief & Loss, Women's Issues, Mental Health/Anxiety, Discernment & Decision Making, Transitions, Franciscan Spirituality, Ecumenism and Ordained Ministry (Deacons/Wives, Religious, Priests, Ordained). Elizabeth enjoys taking part in the parish by participating in the ministries of: Lector, Eucharistic Minister, Cantor, Team Proclamation and Elizabeth Ministry. In the diocese of Joliet, she participates in Cursillo, retreats/day of reflection and the Diaconate including formation and wives formation. "In my free time I enjoy spending time with my husband, Deacon Vic, my daughter, Michaela, and our dogs. I also run daily, practice Yoga, enjoy walking, biking, hiking, dancing, spending time in nature, drawing, painting, pastels, singing, playing guitar, ukulele and mandolin, and attending musicals".