

Mindy Caliguire  
Founder and President of Soul Care<sup>®</sup>  
Author of Soul Care<sup>®</sup> Resources



**M**indy Caliguire says that she first encountered the power of a community of faith in her sophomore year at Cornell University when she attended a Bible study at a frat house. In addition to her new appreciation for the Christian faith, Mindy wound up marrying Jeff Caliguire, the leader of that Bible study.

After graduating from Cornell University, the Caliguire family moved to Texas where Jeff attended Dallas Theological Seminary and Mindy worked in sales and marketing. The Caliguire ministry together began after Jeff's seminary studies when they took internships at Willow Creek Community Church, a megachurch based outside Chicago. And in 1991 the Caliguire family started a church plant in Boston.

After such a busy season of life that included some painful setbacks, Mindy discovered that her ministry had become lifeless. Her emptiness came to a head when for two entire months she lay in bed suffering with severe vertigo. During this forced period of rest from responsibilities, Mindy began to recognize the dysfunction she had accepted as her reality. As Mindy sought a path through her desperation she recalled the words of John 15. In verse 5, Jesus directly admonished his disciples: "apart from me, you can nothing." Mindy says that God seemed to be asking her, "What part of *nothing* do you not understand?"

As Mindy began to experience her relationship with God in a new way, close friends and Christian authors led her onto the road of soul restoration. Journaling, reading "soul books," connecting in authentic relationships, taking time away—all life-giving practices—became an integral part of Mindy's life as she found restoration, renewal and refreshment for her own soul.

In 1998, combining her newfound ministry passion for soul restoration with her background in sales and marketing, Mindy began Soul Care, a spiritual formation ministry. As Mindy developed the Soul Care ministry and website, the Caliguire family was drawn back to Chicago for a staff position at Willow Creek in the areas of spiritual formation, prayer and membership. Mindy assisted with retreats, events and leadership development.

In 2004, drawn by the growing needs of her three young boys, Mindy stepped away from her staff position and returned home to nurture the spiritual growth of her family and to focus on the mission of Soul Care. Today Mindy consults and speaks with groups such as Spiritual Formation Alliance and the Willow Creek Association. She also mentors Christian leaders by focusing on reestablishing their spiritual vitality as the primary step toward a lifestyle of sustainable ministry and leadership. In addition, in November 2006 she accepted the role of Midwest director for the Spiritual Formation Alliance, and is planning the first Midwest Regional Spiritual Formation Forum for June 2007.

In addition to her Soul Care Resources with InterVarsity Press—*Discovering Soul Care* and *Spiritual Friendship*—Mindy is the coauthor of *Faith Books & Spiritual Journaling: Expressions of Faith Through Art* (with Sharon Soneff) and *Write for Your Soul: The Whys and Hows of Journaling* (with husband Jeff).

**For more information visit [SoulCare.com](http://SoulCare.com).**