North Park Theological Seminary Center for Spiritual Direction

Summer Two SPFM 7503 Spiritual Directing: Listening to the Movement of God with Another Three Credits Course Syllabus

SAMPLE SYLLABUS

Course Description

The middle year will focus on skill development as a spiritual director. In the classroom, program participants will give and receive direction from each other, developing skills through practice and evaluation by supervisors. Participants will be introduced to the practice of the Verbatim, which will be a requirement during Practicum II. The course will begin with a required retreat day.

Course Objectives

- 1. Gain experience in giving and receiving spiritual direction.
- 2. Develop further understanding of topics relevant in the field.
- 3. Read and reflect on one's growing ability to listen to the movements of God in oneself and in others.

Course Coordinator: Ellen Kogstad

Course Schedule

Monday, July 26 ALL DAY RETREAT at the Winnetka Covenant Church

8:30 Meet in front of Brandel Library at the circle (Christiana St.)

9:00 Arrival and Announcements

9:15 Celebration and Worship:

Furthering the Call as Spiritual Directors See Course Requirements #2 below

Communion Celebration: Mary Miller and Richard Carlson

LUNCH TOGETHER

- 1:00 Solitude Retreat Begins
- 6:00 Dinner in Silence
- 8:00 Evening Prayer
- 8:15 Return to Campus

Lunch Break				
Friday, July 30	8:45 9:00	Morning Prayer Spiritual Direction Practice		
FREE EVENING				
	1:30-4:30	Spiritual Direction Practice		
LUNCH: Hosted by Distributed Learning				
Thursday, July 29	8:45 9:00	Morning Prayer Spiritual Direction Practice		
6:30-8:30		Spiritual Direction Practice		
	4:30	Prayer		
	1:30-4:00	Biblical Models of Spiritual Direction John Weborg		
Wednesday, July 28	8 8:45 9:00 12:00	Morning Prayer Spiritual Direction Practice Lunch Break		
	7:00	Evening Prayer Mystics: Mentors and Missionaries from the Past Mary Miller		
Dinner Break				
	4:15-5:30	Book Discussion (bring your response paper) See Course Requirements #5 below.		
	1:30-4:00	Spiritual Direction Practice		
	12:00	Lunch Break		
	9:15	Introduction of Supervisors Spiritual Direction Practice		
Tuesday, July 27	8:45 9:00	Morning Prayer WELCOME		

1:30-4:30 Spirit	al Direction Practice
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Dinner

6:30-8:30 **Evening Prayer**

Addictions/12 Step Programs/Midlife Issues

Dennis Anderson

Saturday, July 31 8:45 Morning Prayer 9:00

Spiritual Direction Practice

WORKING LUNCH (meal provided)

Topical Discussions Writing a Verbatim **Dual Relationships** Getting Started as a Director Writing your final paper Introduction to Practicum 2

FREE EVENING

Sunday, August 1	8:45	Morning Prayer
	9:00	Peer Supervision (bring a 1 page verbatim)
	11:00	Course Evaluations
	11:30	Closing Prayer and Blessing
	Noon	ENDING

Course Requirements

- 1. Be present and engaged in every session of the week beginning with the retreat on Monday through the closing prayer and blessing at noon on Sunday. If you have a personal conflict with these dates, you may need to wait until next year to continue your training.
- 2. The morning of the retreat will be a time for personal witness to your discernment this past year into the calling as a spiritual director. Please bring a *very short* (about 5 minutes) testimony of your journey. You may write a poem, read from your journal, bring a meaningful piece of art or music to share with the group as we re-connect and begin our retreat. As there are 19 people, you must keep to the time allotted.
- 3. Complete the required readings **before** the intensive begins.
- 4. Prepare a 3 minute prayer experience based on your work from Practicum I on a topic of Christian Spirituality. At the Monday retreat, we will group people according to shared topics. As a small group you will lead the class during one of the eight prayer times of the

week. Some have written prayers this year, make copies and read it as the prayer. (For example: if you studied Centering Prayer, lead us in a time of centering prayer. DO NOT TEACH us about your topic. This is to be experiential and **brief.**)

- 5. Be prepared for a book discussion with fellow participants on the Barry/Connelly book. Write out your responses before coming to class (2 pages) to the following questions:
 - a. How did this book expand your vision of spiritual direction? Be specific.
 - b. What tools did you learn to help a person notice/recognize the Lord? How will these tools help you as a spiritual director?
 - c. "Effective spiritual directors are discovered by the Christian community; they do not put themselves forward without first having others seek their help." P.121 What do you think of that statement? List the qualities they suggest for an effective spiritual director. How do these challenge your life?
 - d. What are some key components for a healthy relationship with a directee? What might cause problems or lead to an unhealthy relationship?
 - e. Submit your reflections to the course coordinator after the discussion.
- 6. Write a 6-8 page reflection paper (double spaced, 12 point type) on the experiences and learning from the intensive. A reflection paper is *not* a summary of your week. Rather it is a way to integrate your learning in a very personal way. Also provide a statement that all the required reading is completed. Both are due to Ellen Kogstad by **August 20, 2010.**

Grading

Grading is Pass/Fail. All components of the course must be completed satisfactorily in order to earn a "pass".

Course Resource People

1. Course Coordinator: Ellen Kogstad 847.361.9352 ektwind@att.net

Program Assistant: Amber Nelson

Intern: Jenn Mote

2. Guest Lecturers: Spiritual Direction Supervisors:

Dennis Anderson
Mary Miller
Bob Backis
John Weborg
Marilyn Gehant

Jeanie Hoover Ellen Kogstad Anne McGovern Grace Nelson Mel Ryley

PRIMARY TEXT

Your life and life experience.

REQUIRED READING

William A. Barry & William J. Connolly, <u>The Practice of Spiritual Direction</u>, Harper Collins Publisher, NY, 1986.

Gerald G. May, M.D. <u>Addiction and Grace: Love and Spirituality in the Healing of Addictions</u>, Harper San Francisco 1988.

Janet K. Ruffing, R.S.M. <u>Spiritual Direction: Beyond the Beginnings</u>, Paulist Press, NY 2000.

Further Reading Options:

<u>The Twelve Steps for Christians,</u> (revised edition) Friends in Recovery, RPI Publishing Inc. 1994.

Wilkie Au and Noreen Cannon Au, <u>The Discerning Heart: Exploring the Christian Path</u>, Paulist Press, NY 2006.

Patricia Hendricks, <u>Hungry Souls, Holy Companions: Mentoring a New Generation of Christians</u>, Morehouse Publishing, NY 2006.

Eugene Peterson, <u>Eat This Book: A Conversation in the Art of Spiritual Reading</u>, Eerdmans, MI 2006.