# North Park Theological Seminary Center for Spiritual Direction Chicago, Illinois

# "Foundations for Listening and Discerning" SPFM 7501 Course #1 of the Certificate in Spiritual Direction

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Three Units

# SAMPLE SYLLABUS

# **COURSE SYLLABUS**

# Course Description

As the first of five courses in a program leading to a certificate in spiritual direction, this course will provide foundational information, experiences, and processes for the participant's development and discernment as a potential spiritual director. Beginning with a day-long retreat, the course will focus on listening to God, the self, the other, the Word and the world. Each participant will receive some individual spiritual direction, engage in a peer listening group, and begin a process of self-discernment.

#### Course Objectives

- 1. Become familiar with the ministry of Spiritual Direction.
- 2. Experience what it is like to receive Spiritual Direction.
- 3. Practice and develop listening skills.
- 4. Begin a process of self discernment regarding one's own skills, calling, and charism as a Spiritual director.
- 5. Participate in various events and exercises (worship, disciplines, practices) that may provide both greater self-awareness as a spiritual director and resources for self-care and/or use in Spiritual Direction.
- 6. Engage in an ongoing group in training and nurture for mutual encouragement, support and feedback. This group is the Center's Cohort #6.

# Course Outline and Schedule

(This may be modified to meet various circumstances, resource availability, and co-ordination with cohort #4)

# MONDAY, July 19 – All Day Retreat at Divine Word, Techny, IL

8.15	Gathering in Olsson Lounge in Nyvall Hall
8.30	Vans leave from Brandel Library, NPU
9.15	Welcome, Orientation to Retreat
9.30	Guided Reflection, Silence and Solitude
11.30	Midday prayer and meditation

12.00	Lunch
1.00	Continuing silence and solitude
3.00	Stations of the Cross
6.00	Dinner
8.00	Eucharist
8.30	Vans leave to return to North Park

Tuesday through Sunday: Sessions at Nyvall Hall (Room N-1) unless otherwise noted

# **TUESDAY**, July 20

8.45	Morning Prayer (Isaacson Chapel)
9.00	Distance Learning Presentation
9.20	Initial introduction to course and syllabus
9.30	Tradition and Faith Formation
12.00	Lunch
1.00	Continuing Personal and Course Introductions
2.00	Rule of Life
3.00	Discernment
5.30	Dinner at Doreen and Mark Olson's
7.15	Introduction to Listening Groups

# WEDNESDAY, July 21

8.45	Morning Prayer (Isaacson Chapel).
9.00	Listening Groups #1
10.15	Enneagram
12.15	Lunch
1.30	Spiritual Direction # 1
2.45	Focusing
5.15	Dinner
7.00	Introduction to Program Manual and Panel of Spiritual Direction

THURSDAY, July 22		
8.45	Morning Prayer (Isaacson Chapel)	
9.00	Listening Group #2	
10.30	Meditation, Prayer, and Labyrinth	
12.00	Lunch Hosted by SemConnect	
1.30	Spiritual Direction # 2	
3.00	Centering Prayer	
Evening open		

# FRIDAY, July 23

8.45	Morning prayers (Isaacson Chapel)
9.00	Listening Groups #3
10.15	Listening to the World #1
12.00	Lunch
1.00	Listening to the World #2
3.15	Self Awareness Exercises
4.30	Dinner
6.00	Taize Service and Ice Cream Social

# **SATURDAY, July 24**

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8.45	Morning Prayer (N-1)
9.00	Listening Groups #4
10.30	Spiritual Direction #3
Noon	Lunch
1.00	Lectio Divina
3.15	Preparation for next course
Evening open	•

# SUNDAY, July 25

8.30	Listening Groups # 5
9.30	Continental Breakfast (Olsson Lounge)
10.30	Worship, Communion, Certificates, Consecration, Commissioning
NOON	Departure

# Course Requirements

- 1. Will be present, attentive, and engaged in every session including the all-day retreat
- 2. Will spend three hours in individual spiritual direction
- 3. Will do the assigned reading (see below) and select additional books from a prescribed list for reading and written reflection
- 4. Will write a 5 to 7 page paper focusing on ones learnings and a self-assessment of oneself as a potential spiritual director. This will be due to the course coordinator by Thursday, September 23, 2010.
- 5. Will write a two-page response to 3 texts. The first one will be to the book by Guenther, Holy Listening: the Art of Spiritual Direction. Due date September 23, 2010. The other two will be in response to two additional selected texts. These 2 page reflections, on how the texts have helped/hindered your understandings of spiritual direction, will be due October 29, 2010. Send to course coordinator as hard copy or email attachment.
- 6. Will bring to the course a 300 word personal narrative from one's own life story to be shared in listening groups. An example has been sent to you.
- 7. Will complete a course evaluation form on Saturday evening July 24 to be handed into the coordinator the following morning.

#### Grading and due dates

Grading shall be done on a Pass/Fail basis.

#### Due Dates

- 1. MONDAY morning, July 19, 2010.
  - a. Have read Guenther book, Holy Listening.
  - b. Have ready a 300 word personal narrative.
- 2. SUNDAY morning, July 25, 2010.
  - a. Submit completed course evaluation form.
- 3. THURSDAY, September 23, 2010.
  - a. Submit 5-7 page learnings/self-assessment paper to course coordinator.
  - b. Submit 2-page personal response to the Guenther text.
- 4. FRIDAY, October 29, 2010.
  - a. Submit to the course coordinator a 2 page reading response to a spiritual classic.
  - b. Submit to the course coordinator a 2 page reading response to a book of one's own choosing related to the spiritual life in general or to a particular practice.

# Course Resource Persons

- 1. Listening Group Guides: Richard Carlson, Jeanie Hoover, Ellen Kogstad and Rick Mylander.
- 2. Leaders of Prayer Services: Participants in Cohort # 4.
- 3. Spiritual Directors: Participants in Cohort # 4.
- 4. Retreat Directors: Course Staff and Mary Miller.
- 5. Presenters and Panel: Richard Carlson, Ellen Kogstad, Carol Lawson, Millie Lungren, Mary Miller, Rick Mylander, Ida-Regina Oliver, Doreen Olson, and John Weborg.
- 6. Course Staff: Richard Carlson, Co-coordinator; Rick Mylander, Intern; Amber Nelson, Student Program Associate.

# REQUIRED READING

#### Course Texts

Margaret Guenther, <u>Holy Listening: The Art of Spiritual Direction</u>. Cowley Publ, Cambridge, MA, 1992. (This is to be read before the course.)

The two following lists are not exhaustive. Students may select an alternate from either with permission of the Course Coordinator.

<u>Spiritual Classics</u>: choose <u>one</u>; these are available in a variety of editions)

- 1. Catherine of Genoa
- 2. Catherine of Siena
- 3. Hildegard of Bingen
- 4. Julian of Norwich
- 5. Mechtild of Magdeburg
- 6. Teresa of Avila
- 7. St. Bonaventure
- 8. John Cassian
- 9. Francis de Sales
- 10. Ignatius of Loyola
- 11. John of the Cross
- 12. The Cloud of Unknowing
- 13. John Bunyan
- 14. Clare of Assisi
- 15. Therese of Lisieux

# Contemporary Spiritual Writing: (choose one).

- 1. Lauren Artress, Walking A Sacred Path. Riverhead Books, NY, 1995.
- 2. William A. Barry, Spiritual Direction and the Encounter with God. Paulist, NY, 1992.
- 3. David G. Benner, <u>The Gift of Being Yourself: The Sacred Call to Self-Discovery</u>. InterVarsity Press, 2004.
- 4. David G. Benner, <u>Sacred Companions: The Gift of Spiritual Friendship & Direction.</u> InterVarsity Press, 2002.

- 5. Gernot Candolini, <u>Labyrinths: Walking Towards the Center</u>. Crossroad Publ, New York, 2001
- 6. David N. Daniels, <u>The Essential Enneagram: The Definitive Personality Test and Self-Discovery Guide.</u> HarperCollins, NY, 2000.
- 7. Donal Dorr, Spirituality and Justice. Orbis, Maryknoll, NY, 1984.
- 8. Kathleen Fischer, <u>Women at the Well: Feminist Perspectives on Spiritual Direction.</u> Paulist, NJ, 1988.
- 9. Thomas H. Green, S.J., <u>Weeds Among the Wheat—Discernment: Where Prayer and Action Meet.</u> Ave Maria Press, Notre Dame, IN, 1984.
- 10. Thomas N. Hart, The Art of Christian Listening. Paulist Press, N.Y., 1980.
- 11. Diana L Hayes, <u>Hagar's Daughters: Womansit Ways of Being in the World</u>. Mahwah, NY: Paulist Press, 1995.
- 12. Thomas Keating, <u>Open Mind</u>, <u>Open Heart: The Contemplative Dimension of the Gospel</u>. Continuum, NY, 1994. (reprint)
- 13. Sue Mork Kidd, When the Heart Waits: Spiritual Direction for Life's Sacred Questions. Harper Collins, NY, 1990.
- 14. Brian D. McLaren, The Story We Find Ourselves In. Jossey-Bass, SF, 2003.
- 15. Helen Palmer, <u>The Enneagram: Understanding Yourself and Others in Your Life.</u> Harper/Collins, N.Y., 1988.
- 16. Martin Thornton, Spiritual Direction. SPCK, London, 1984.
- 17. Gloria Wade-Gayles (ed.), <u>My Soul is a Witness: African American Women's</u> Spirituality. Beacon, 1995.
- 18. Jerome Wagner, <u>The Enneagram Spectrum of Personality Styles: An Introductory Guide</u>. Metamorphous Press, 1996.
- 19. Suzanne Zuercher, <u>Enneagram Spirituality: From Compulsion to Contemplation</u>. Ave Maria Press, Notre Dame, IN, 1992.
- 20. Any of a number of books by Thomas Merton, Kathleen Norris or Henri Nouwen.