

NORTH PARK THEOLOGICAL SEMINARY
SPFM 6304: SPIRITUAL DIRECTION AND SOLITUDE
FALL, SEMESTER, 2011
MONDAYS: 10:45-Noon

Instructor: Ellen Kogstad

Retreat Leader: Ken Lund

Spiritual Directors: Pam Hubbard, Ellen Kogstad, Ken Lund,
Deborah Penny, Eva Sullivan-Knoff and Neil Taylor

PURPOSE: This course is an introduction to the Biblical, historical, theological, and personal dimensions of spiritual direction as a vocational discipline and personal journey. By reading, reflection, and experience it is intended that the student have an image, a vision, a sense of understanding of spiritual direction as an ecclesial and pastoral gift to themselves and the people of God. It is also an introduction to the practice of solitude in a retreat setting.

REQUIRED TEXTS:

Guenther, Margaret, Holy Listening: The Art of Spiritual Direction, Cowley Publications, 1992.

C. John Weborg, Handout on the Upsurge in Interest in Spiritual Direction.

COURSE REQUIREMENTS:

- 1) Class attendance and promptness is a normative expectation.
- 2) Grading is Pass/Fail.
- 3) SOLITUDE RETREAT: Required attendance at a 12 hour solitude retreat (9am-9pm) on **Friday**, September 23. The cost is \$10.00. Students will also need to bring a lunch to the retreat. Dinner will be provided. A one page reflection paper will be due in class on September 26 highlighting at least one fruit and one frustration or growth area from the retreat day.
- 4) SPIRITUAL DIRECTION: Each student will participate in four sessions of spiritual direction with a spiritual director.
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Students will usually sign up for spiritual direction appointments on the first day of class or by email during the first week. **It is the student's responsibility to schedule sessions and to keep the appointment at the agreed upon time.** Unless there is a personal

emergency, it is expected that this commitment will be met. In the event that a student misses a session and fails to make arrangements in advance (at least 24 hours) with the director, that student may be asked to write a reflection paper on a topic to be assigned by the director. In addition, the student will need to make up the missed session. If a student fails to complete four sessions before the end of the semester, the student will fail the course.

These questions may be used in spiritual direction:

- a. Describe your spiritual journey at this time in your life. What prayer practices are most meaningful?
- b. What Bible story/character most frames your life?
- c. What picture/metaphor of God do you use in your prayer life? How has this changed over the years?
- d. Suggestions for guidance in prayer.

5) A one credit independent study option is available for students who want to continue receiving direction after the class is over.

CLASS SESSIONS/LECTURES:

August 29	Orientation to the course and practice of spiritual direction. Demonstration of spiritual direction
September 5	LABOR DAY-No Class
September 12	The Bible in Spiritual Direction (part 1)
September 19	Orientation to a Solitude Retreat: Ken Lund
FRIDAY, September 23 All Day Solitude Retreat @ Winnetka Covenant Church.	
September 26	Reflection on the Solitude Retreat. Reflection Paper due.
October 3	Discernment
October 10	<u>Holy Listening: The Art of Spiritual Direction</u> Book Discussion
October 17	READING WEEK-No Class
October 24	Historical Overview (please read Weborg article)
October 31	The Bible in Spiritual Direction (part 2)
November 7	Resistances in Spiritual Direction

November 14	Desire in Spiritual Direction
November 21	Spiritual Direction with People on the Margins
November 28	Group Spiritual Direction
December 5	Endings and Beginnings

