North Park Theological Seminary--Center for Spiritual Direction
Certificate in Spiritual Direction Program
On-line Practicum 1—3 Credits
SPFM 7502 Spiritual Direction: Listening and Discerning Practicum
August 29, 2011-May 18, 2012
Instructor: Helen Cepero
hcepero@northpark.edu 907-602-5915
Skype: helen.h.cepero/hhcepero@gmail.com

Course Description

Practicum 1 is designed for program participants who desire to continue to discern their call and giftedness into the ministry of Spiritual Direction as begun in the Summer Intensive 1 course. Work will be done in the student's home region with support from the course instructor from the Center for Spiritual Direction. In addition to the core requirements of ten meetings with a spiritual director and the online journaling component, participants will have flexibility to study a topic of personal interest in Christian Spirituality. The course begins on the first day of the seminary's fall semester and ends on the last day of the spring semester.

The on-line journaling component includes personal journaling and each student will be assigned to an on-line small group that will provide a place to share with others and to listen and respond. The instructor will be a listener in all four groups with the tag, "listening in" and will respond both to sharing and responses. Groups may change members at a mid-point in the year.

Course Requirements

1. Complete E-learning before course begins and download Skype

2. Choose a spiritual director and complete 10 sessions (one hour each month August to May) of spiritual direction. The cost of spiritual direction (if any) is the responsibility of the course participant.

3. Maintain a journal of reflections after each session with the spiritual director.

4. Complete the on-line journaling component (see below for more instructions)

5. Choose a topic of personal interest and challenge in Christian Spirituality and develop a plan for personal study and experience of the topic. (see below for further instructions)

6. Complete the assigned readings and 300 pages from the Suggested Reading List and/or books you have chosen for your topic.

7. Write a 6 to 8 page, double-spaced integrative reflection paper of your work in Practicum 1. Include a statement on your discernment process as related to your call and giftedness as a potential spiritual director and readiness to continue in the program to receive a Certificate in Spiritual Direction from the Center for Spiritual Direction. The integrative reflection paper is **due to the course instructor on May 4, 2011.**

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

Class Schedule

September 6, 2011 Begin on-line Journaling component

December 1 Make Skype appointment to discuss personal project topic

March 25, 2012 Complete the on-line journaling component

May 4, 2012 Submit to Helen Cepero on moodle

1. Integrative paper which includes the statement about your discernment to continue (or not) in the Center for Spiritual Direction

2. Statement affirming you completed all reading requirements

3. Statement affirming you completed 10 spiritual direction sessions with journaling following the direction times. (Journal does not need to submitted, just the statement of completion.)

Course Instructor/Coordinator:

Helen Cepero 907-602-5915 hcepero@northpark.edu
1020 Tyonek Dr, Anchorage, AK 99501

Technical Support:
Michael Villanueva mvillanueva@northpark.edu

II. On-line Journaling

A. Objectives:

1. Be more attentive and aware of movements in my own life
2. Discern what to share with the group that is an authentic reflection of where I am in my life and/or journal practice.
3. Learn to respond to fellow students on-line in ways that allow them to go deeper into their own stories.
4. Listen for the ways the group helps me to go deeper in my own story.

B. Requirements:

1. Read and complete all orientation documents.
2. Read book chapter and respond to the journaling exercises in the chapter
3. Read and follow the posted Listening Guidelines
4. Post a journal excerpt or a reflection from your journaling practice during the days on the schedule.
5. Respond to at least two people in the group during the days specified on the schedule.
6. Read the other assigned text

III. Texts

These books should be obtained through your own bookstore or book mailer such as Amazon.com.

Cepero, Helen. *Journaling as a Spiritual Practice: Encountering God through Attentive Writing*. Downers Grove, IL: InterVarsity Press, 2008.

Benner, David. *The Gift of Being Yourself: The Sacred Call to Self- Discovery*, Downers Grove, IL: InterVarsity, 2004 **OR** Haase, Albert, *Coming Home to your True Self: Leaving the Emptiness of False Attractions, Downers Grove, IL InterVarsity, 2008.*

Au, Wilkie and Noreen, Cannon Au. *The Discerning Heart: Exploring the Christian Path*, Mahwah, NJ*:* Paulist Press, 2006.

1. **Journaling/Posting/Responding: Schedule**

Tuesday Sept 6 Starting Out: Finding a Practice That Fits: Intro and Chapter 1

Tuesday Sept 13/Week 1 Beginning…Again: Staying in My True Calling Chapter 2

Tuesday Sept 20/Week 2 Post: Tue.-Wed./Respond: Thu.-Sat.

Tuesday Sept 27/Week 3 Looking Intently: Paying Attention to My Life Chapter 3

Tuesday Oct 4/Week 4 Post: Tues.-Wed./Respond: Thu.-Sat

Tuesday Oct 11/Week 5 Claiming Significance: Honoring My Own Story Chapter 4

Tuesday Oct 18/Week 6 Post: Tues.-Wed./Respond: Thu.-Sat.

Tuesday Oct 25/Week 7 Naming the Landscape: Mining Below the Surface Chapter 5

Tuesday Nov 1/Week 8 Post: Tues.-Wed./Respond: Thu.-Sat.

Tuesday Nov 8/Week 9 Listening Beyond Words: Blessing the Body Chapter 6

Tuesday Nov 15/Week 10 Post: Tues.-Wed./Respond: Thu.-Sat

Tuesday Nov 22/Week 11 Looking Backward: Reflecting on the Past Chapter 7

Tuesday Nov 29/Week 12 Post: Tue.-Wed./Respond: Thu-Sat

Christmas Break

Tuesday Jan 3/Week 13 Looking Forward: Discerning what is Ahead Chapter 8

Tuesday Jan 10/Week 14 Post: Tue-Wed/Respond: Thu-Sat.

Tuesday Jan 17/Week 15 Re-orienting in the Present: Living Into What Is Chapter 9

Tuesday January 31/Week 16 Post: Tues.-Wed./Respond: Thu.-Sat.

Tuesday Feb 7/Week 17 Talking Back: Dialogue Journaling Chapter 10

Tuesday Feb 14/Week 18 Post: Tues-Wed//Respond: Thu-Sat.

Tues Feb 21/Week 19 Embracing the Cross: Finding My Way through Suffering

Tuesday Feb 28/Week 20 Post: Tues.-Wed./Respond: Thu.-Sat

Tuesday March 6/Week 21 Discovering Life: Writing for Healing Chapter 12

Tuesday March 13/Week 22 Post: Tues.-Wed./Respond: Thu.-Sat

Tuesday March 20/Week 23 Seeing the Holy in the Ordinary Chapter 13

Tuesday March 27/Week 24 Post: Tues-Wed/Respond: Thu-Sat

Tuesday April 3/Week 25 Facing Resistance: Finding the Pathway Home Chapter 13

2. **Personal Plan for topical study and experience**
   Due December 10, 2010
   Please include:

   Topic of Interest

   Book/s I will read (minimum 300 pp.)

   Workshop/Seminar/Retreat I plan to attend
   Title
   Dates
   Location

Suggestions for topics of personal interest (you are **not** limited to this list these are just suggestions)

Pietism
Writing/praying Psalms
Pilgrimage prayer, i.e. labyrinth, Stations of the Cross, visiting sacred sites
Solitude
Sabbath
Ignatian Spirituality
Benedictine Spirituality
Celtic Spirituality
Orthodox Spirituality
The Mystics or being a Mystic
Art and Spiritualty
Embodiment and Spirituality
Women/Men's Spirituality
Spirituality and Justice
Art and Spirituality
Yoga and Prayer
Further studies on topics begun in the summer course: Discernment, Meditation, The Enneagram, Focusing, Lectio Divina, Rule of Life, Centering Prayer

Possible reading options for topic of personal interest (you are **not** limited to this list, these are just suggestions)

Lynne M. Baab, *Sabbath-Keeping: Finding Rhythms of Rest*, InterVarsity, Downers Grove, IL 20

Ruth Haley Barton, *Invitation to Solitude and Silence*, InterVarsity Press, 2004
Sacred Rhythms: Arranging our Lives for Spiritual Transformation, InterVarsity Press, Downers Gorve, IL, 2006

Michael Casey, *Toward God: The Ancient Wisdom of Western Prayer*, Ligouri Press, Missouri, 1996 (English edition).

Katherine Marie Dyckman, S.N.J.M. and L. Patrick Carroll, S.J. *Inviting the Mystic Supporting the Prophet*, Paulist Press, New York, 1981.

Peter Erb, Editor, *Pietists: Selected Writings, Classics of Western Spirituality Series*, Paulist Press, 1983.

Introduction pp. 1-27
"Spiritual Priesthood" by Philipp Jacob Spener pp. 50-64
"Necessary and Useful Reading of Holy Scripture" by Philipp Jacob Spener pp. 71-75
"Daily Handbook for Days of Joy and Sorrow" by Johan Friedrich Starck pp. 181-215

Timothy Gallagher, *Discernment of Spirits: An Ignatian Guide to Everyday Living*, Crossroads, 2008

Gerald May, *Addiction and Grace*, HarperOne, 2007 (new ed.) *Dark Night of the Soul, HarperOne*, 2005

Sybil McBeth, *Praying in Color: Drawing a New Path to God*, Paraclete Press, 2007

Wayne Muller, *Sabbath: Finding Rest, Renewal and Delight in our Busy Lives*, 2000

Ray McGinnis, *Writing the Sacred: A Psalm-Inspired Path to Appreciating and Writing Sacred Poetry*, Northstone Publishing, 2005

Parker J. Palmer, *Let Your Life Speak*. Jossey-Bass Inc., Publishers, San Francisco, CA 2000, *A Hidden Wholeness: The Journey Toward an Undivided LIfe*, 2004

Richard Rohr and Andreas Ebert, *The Enneagram: A Christian Perspective*, Crossroad Publishing Co, New York, and NY 2004.

Margaret Silf, *Inner Compass*, Loyola Press, Chicago, IL 1999.

Jane E. Vennard *Praying with Body and Soul* Augsberger Press, Minneapolis, MN, 1998 *Praying Church*: *The Art of Teaching Spiritual Practice*, Alban Institute, 2005 *Embracing the World: Praying for Justice and Peace*, Jossey-Bass, 2002