

C. John Weborg Center for Spiritual Direction  
North Park Theological Seminary  
Chicago, Illinois

A seminary of the Evangelical Covenant Church

**Listening to the Movement of God in Oneself**  
**“Foundations for Listening and Discernment”**  
**SPFM 7501-3 Credits**  
**Course #1 of the Certificate in Spiritual Direction**

**COURSE SYLLABUS**

**Contact Persons:**

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**Course Description**

As the first of five courses in a program leading to a certificate in spiritual direction, this course will provide foundational information on the history and cultural distinctives of spiritual direction in the Christian tradition. The course will focus on building listening capacity as the primary skill to recognize the movement of God in oneself (discernment) and eventually the primary skill in the ministry of spiritual direction.

**Course Objectives**

1. Introduce the ministry of Spiritual Direction.
2. Develop listening skills through participation in Listening Groups.
3. Begin to recognize the movement of God in one's own life through development of the practice of discernment.
4. Participate in spiritual practices, events and exercises that provide greater self-awareness, stronger listening capacity and resources for self-care and use in Spiritual Direction.
5. Engage in an ongoing group in training and nurture for mutual encouragement, support and feedback.

**Required Texts** (to be read BEFORE coming to campus)

Margaret Guenther, Holy Listening: The Art of Spiritual Direction. Cowley Publication, Cambridge, MA, 1992.

Matthew Linn, Sheila Fabricant, Dennis Linn, Healing the Eight Stages of Life, Paulist Press, Mahwah, NJ 1988.

L. Patrick Carroll and Kathryn Dyckman, Inviting the Mystic, Supporting the Prophet: An Introduction to Spiritual Direction. Paulist Press, Mahwah, NJ 1981.

## Course Requirements

1. Will be present, attentive, and engaged in every session of the week beginning with the 12 hour solitude retreat on Monday and concluding at 1 p.m. the following Sunday. *Attendance for the full 7 days is mandatory.*
2. Will do the required reading before coming to campus for the intensive.
3. Will bring to the course a 300 word personal narrative from one's own life story to be shared in listening groups. An example is attached.
4. Complete a course evaluation form on Saturday evening for submission the following morning before the consecration service.
5. Write a 5 to 7 page (double spaced, 12 point type) *integrative reflection paper* on the experiences and learning from the intensive and the readings. A reflection paper is *not* a summary of your week. Rather it is a way to integrate your learning in a very personal way. Include an assessment of how the week impacted your calling to the ministry of spiritual direction. The paper is due on or before Friday August 31.
6. Write a 2 page book review on your response to a Christian classic book. A list of suggested Spiritual Classics follows. This is also due on or before Friday, August 31.
7. Spiritual Direction is not required while you are in the intensive. However, if you are interested in meeting with a Director while at the seminary, directors will be available to you at no cost.

## Grading

Grading is Pass/Fail.

## Course Schedule

### **MONDAY – 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           |
| 9.45  | Guided Reflection, Silence and Solitude   |
| 11.45 | Midday prayer and meditation              |
| 12.00 | Lunch                                     |
| 1.00  | Continuing silence and solitude           |
| 3.00  | Stations of the Cross (Main Chapel)       |
| 6.00  | Dinner                                    |
| 7.30  | Eucharist (Africa Chapel)                 |
| 8.30  | Vans leave to return to North Park        |

Tuesday through Sunday: Sessions in Nyvall Hall (Room N-21) unless otherwise noted

## **TUESDAY**

|       |   |
|-------|---|
| 8.45  | Morning Prayer  |
| 9.00  | Introduction to course, syllabus, and cohort members                                    |
| 10:30 | Introduction to Listening Groups-Helen Cepero   |
| NOON  | Lunch Break   |
| 1.30  | The Enneagram-Carol Lawson  |
| 5.00  | Dinner – hosted by Doreen Olson, ECC Executive Minister of Dept. of Christian Formation |
| 6:30  | Listening Group #1  |
| 7:45  | Self Supervision  |

## **WEDNESDAY**

|       |  |
|-------|--|
| 8.45  | Morning Prayer   |
| 9.00  | Listening Groups #2  |
| 10.15 | Self Supervision   |
| 10.30 | BREAK  |
| 10.45 | Forms and steams of Spiritual Direction in varying traditions – Helen Cepero |
| 12.15 | Lunch  |
| 2.00  | Faith Formation – John Weborg  |
| 4.30  | Dinner Break   |
| 7.00  | PUBLIC LECTURE sponsored by the CSD  |

## **THURSDAY**

|       |  |
|-------|--|
| 8.45  | Morning Prayer                             |
| 9.00  | Listening Groups #3                        |
| 10.15 | Self Supervision                           |
| 10:30 | BREAK                                      |
| 10.45 | Mystics – Mary Miller                      |
| 12.30 | Lunch Hosted by Distributed Learning       |
| 2.00  | Discernment/Ignatian Prayer- Ellen Kogstad |
| 5:00  | Break for Dinner and Free Evening          |

## **FRIDAY**

|       |                                 |
|-------|---------------------------------|
| 8.45  | Morning Prayer                  |
| 9.00  | Listening Group #4              |
| 10.15 | Self Supervision                |
| 10.30 | BREAK                           |
| 10.45 | Peer Group Supervision          |
| 12.00 | Lunch                           |
| 2.00  | Centering Prayer – Ken Lund     |
| 5.00  | Dinner Break                    |
| 7:00  | Taize Prayer in Isaacson Chapel |

## **SATURDAY**

8.45 Morning Prayer  
9.00 Listening Groups #5  
10.15 Self Supervision  
10.30 BREAK  
10.45 Stages of Personal Development-Grace Nelson  
1:00 Working Lunch  
Listening Group Assessments  
2.30 Preparation for next course – Helen Cepero and Kathy O’Donoghue  
4.00 Free Evening  
Fill out course evaluations and return them in the morning

**SUNDAY**

9.00 Class Gathering – Final Comments, questions, submit course evaluation  
10.15 Class Photo  
10.30 Worship Service and Consecration  
NOON Celebration  
1.00 Ending

**Course Instructors**

Helen Cepero  
Ellen Kogstad  
Mary Miller  
Grace Nelson  
Carol Lawson  
Ken Lund  
C. John Weborg

**Listening Group Leaders**

Helen Cepero  
Ken Lund

Summer Program Assistant:  
Summer Interns:

**A. Spiritual Classics: (choose one; these are available in a variety of editions)**

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

**B. Contemporary Spiritual Writing:**

**Centering Prayer:**

Cynthia Bourgeault, Centering Prayer and Inner Awakening, Cowley Publications, Lanham, MD 2004.

**Enneagram:**

David N. Daniels, The Essential Enneagram: The Definitive Personality Test and Self-Discovery Guide. HarperCollins, NY, 2000.

Helen Palmer, The Enneagram: Understanding Yourself and Others in Your Life. Harper/Collins, N.Y., 1988.

Jerome Wagner, The Enneagram Spectrum of Personality Styles: An Introductory Guide. Metamorphous Press, 1996.

Suzanne Zuercher, Enneagram Spirituality: From Compulsion to Contemplation. Ave Maria Press, Notre Dame, IN, 1992.

**Labyrinth:**

Lauren Artress, Walking A Sacred Path. Riverhead Books, NY, 1995.

Gernot Candolini, Labyrinths: Walking Towards the Center. Crossroad Publ, New York, 2001.

1. William A. Barry, Spiritual Direction and the Encounter with God. Paulist, NY, 1992.
2. Donal Dorr, Spirituality and Justice. Orbis, Maryknoll, NY, 1984.
3. Kathleen Fischer, Women at the Well: Feminist Perspectives on Spiritual Direction. Paulist, NJ, 1988.
4. Thomas H. Green, S.J., Weeds Among the Wheat—Discernment: Where Prayer and Action Meet. Ave Maria Press, Notre Dame, IN, 1984.
5. Thomas N. Hart, The Art of Christian Listening. Paulist Press, N.Y., 1980.
6. Diana L Hayes, Hagar's Daughters: Womanist Ways of Being in the World. Mahwah, NY: Paulist Press, 1995.
7. Thomas Keating, Open Mind, Open Heart: The Contemplative Dimension of the Gospel. Continuum, NY, 1994. (reprint)
8. Sue Monk Kidd, When the Heart Waits: Spiritual Direction for Life's Sacred Questions. Harper Collins, NY, 1990.
9. Brian D. McLaren, The Story We Find Ourselves In. Jossey-Bass, SF, 2003.
10. Martin Thornton, Spiritual Direction. SPCK, London, 1984.
11. Gloria Wade-Gayles (ed.), My Soul is a Witness: African American Women's Spirituality. Beacon, 1995.
12. Any of a number of books by Thomas Merton, Kathleen Norris, Henri Nouwen, Evelyn Underhill.