

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 30, 2010-May 13, 2011
Instructor: Helen Cepero
hcepero@northpark.edu 907-602-5915/Skype name: helen.h.cepero

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 MNST0500 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 coordinator on May 6, 2010.**

Grading

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

Class Schedule

September 7, 2010 Begin on-line Journaling component

December 10, 2010 Submit plan for personal study topic

March 29, 2011 Complete the on-line journaling component

May 6, 2011 Submit to Helen Cepero via e-mail the following:

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 be 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 7 Starting Out: Finding a Practice That Fits: Intro and Chapter 1

Tuesday Sept 14/Week 1 Beginning...Again: Staying in My True Calling Chapter 2

Tuesday Sept 21/Week 2 Post: Tue.-Wed./Respond: Thu.-Sat.

Tuesday Sept 28/Week 3 Looking Intently: Paying Attention to My Life Chapter 3

Tuesday Oct 5/Week 4 Post: Tues.-Wed./Respond: Thu.-Sat

Tuesday Oct 12/Week 5 Claiming Significance: Honoring My Own Story Chapter 4

Tuesday Oct 19/Week 6 Post: Tues.-Wed./Respond: Thu.-Sat.

Tuesday Oct 26/Week 7 Naming the Landscape: Mining Below the Surface Chapter 5

Tuesday Nov 2/Week 8 Post: Tues.-Wed./Respond: Thu.-Sat.

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

Tuesday Nov 16/Week 10 Post: Tues.-Wed./Respond: Thu.-Sat.

Tuesday Nov 23/Week 11 Looking Backward: Reflecting on the Past Chapter 7

Tuesday Nov 30/Week 12 Post: Tue.-Wed./Respond: Thu-Sat

Tuesday Dec 7/Week 13 Looking Forward: Discerning what is Ahead Chapter 8

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

Christmas Break

Tuesday Jan 4/Week 15 Re-orienting in the Present: Living Into What Is Chapter 9

Tuesday January 11/Week 16 Post: Tues.-Wed./Respond: Thu.-Sat.

Tuesday Jan 18/Week 17 Talking Back: Dialogue Journaling Chapter 10

Tuesday Jan 25/Week 18 Post: Tues-Wed//Respond: Thu-Sat.

Tues Feb 1/Week 19 Break Week (Midwinter Conference)

Tuesday Feb 8/Week 20 Embracing the Cross: Finding My Way through Suffering

Tuesday Feb 15/Week 21 Post: Tues.-Wed./Respond: Thu.-Sat

Tuesday Feb 22 /Week 22 Discovering Life: Writing for Healing Chapter 12

Tuesday March 1/Week 23 Post: Mon.-Wed./Respond: Thu.-Sat

Tuesday March 8/Week 24 Seeing the Holy in the Ordinary Chapter 13

Tuesday March 15/Week 25 Post: Tues-Wed/Respond: Thu-Sat

Tuesday March 22/Week 26 Facing Resistance: Finding the Pathway Home Chapter 14

Tuesday March 29/Week 27 Post: Tues-Wed/Respond: Thu-Sun

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 a Mystic

Art and Spirituality

Embodiment and spirituality

Women/Men's Spirituality

Spirituality and Justice

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 Grove, 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* Augsburg 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