

C. John Weborg Center for Spiritual Direction
North Park Theological Seminary
Chicago, IL
A seminary of the Evangelical Covenant Church

Spiritual Directing: Listening to the Movement of God with Another
SPFM 7503-Three Credits
Course #3 of the Certificate in Spiritual Direction

COURSE SYLLABUS

Contact Persons:

Ellen Kogstad, Center Director ekogstad@northpark.edu 773.244.5216
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Course Description

The middle year will focus on skill development as a spiritual director. In the classroom, program participants will give and receive direction from each other, developing skills through practice and evaluation by supervisors. Participants will be introduced to the practice of the Verbatim, which will be a requirement during Practicum II. The course will begin with a required retreat day.

Course Objectives

5. Gain experience in giving and receiving spiritual direction.
6. Develop further understanding of topics relevant in the field such as ethical conduct, verbatim and confidentiality.
7. Reflect on one's growing ability to listen deeply with others for the movement of God in their lives.

Required Texts (to be read BEFORE coming to campus)

William A. Barry & William J. Connolly, The Practice of Spiritual Direction, Harper Collins Publisher, NY, 1986.

Gerald G. May, M.D. Addiction and Grace: Love and Spirituality in the Healing of Addictions, Harper San Francisco 1988.

Evelyn Eaton Whitehead and James Whitehead, Christian Life Patterns: The Psychological Challenges and Religious Invitations of Adult Life, 1992.

Course Requirements

9. Be present and engaged in every session of the week beginning with the retreat on Monday through the closing prayer and blessing at 1:00 on Sunday
10. The morning of the retreat will be a time for personal witness to your work in Practicum One and your life journey since last summer. Please bring a **very short** (about 5 minutes) reflection of your journey. You may write a poem, read from your journal, bring a meaningful piece of art or music to share with the group as we re-connect and begin our retreat. As there are many cohort members, you must keep to the time allotted.
11. Complete the required readings **before** the intensive begins.
12. Prepare a 3 minute prayer experience based on your work from Practicum I on a topic of Christian Spirituality. At the Monday retreat, we will group people according to shared topics. As a small group you will lead the class during one of the scheduled prayer times in the week. **DO NOT TEACH** us about your topic. This is to be experiential, prayerful and **brief**.
13. Be prepared for a book discussion with fellow participants on the Barry/Connelly book. Write out your responses before coming to class (2 pages) to the following questions:
 - a. How did this book expand your vision of spiritual direction? Be specific.
 - b. What tools did you learn to help a person notice/recognize the Lord? How will these tools help you as a spiritual director?
 - c. “Effective spiritual directors are discovered by the Christian community; they do not put themselves forward without first having others seek their help.” P.121 What do you think of that statement? List the qualities they suggest for an effective spiritual director. How do these challenge your life?
 - d. What are some key components for a healthy relationship with a directee? What might cause problems or lead to an unhealthy relationship?
 - e. Submit your reflections to the course coordinator after the discussion.
14. Write a 6-8 page integrative reflection paper (double spaced, 12 point type) on the experiences and learning from the intensive. A reflection paper is **not** a summary of your week. Rather it is a way to integrate your learning in a very personal way. Also provide a statement that all the required reading is completed. Both are due by **August 30**.

Grading

Grading is Pass/Fail. All components of the course must be completed satisfactorily in order to earn a “Pass”. Also, if you do not complete this course, you may not continue into the on-line Practicum 2 course.

Course Schedule

MONDAY **ALL DAY RETREAT** at the Winnetka Covenant Church
8:30 Meet in front of Brandel Library at the circle (Christiana St.)
9:00 Arrival and Announcements
9:15 Celebration and Worship:
 Furthering the Call as Spiritual Directors
 See Course Requirements #2 above

Communion Celebration: **Helen Cepero**

LUNCH TOGETHER

1:00 Silent Retreat Begins
6:00 Dinner in Silence
8:00 Evening Prayer
8:30 Return to Campus/Hotel

TUESDAY 8:45 *Morning Prayer*

9:00 WELCOME
9:15 Spiritual Direction Practice
11:45 Self Supervision
12:00 Lunch Break

2:00 Spiritual Direction Practice
4:15 Self Supervision
4:30 *Prayer*

Dinner Break

6:30-8:30 *Evening Prayer*

Book Discussion (bring your response paper)
See Course Requirements #5 above

WEDNESDAY 8:45 *Morning Prayer*
9:00 Spiritual Direction Practice
11:45 Self Supervision
12:00 Lunch Break

1:30 Biblical Models of Spiritual Conversation-John Weborg

3:45	Spiritual Direction Practice
5:15	Self Supervision
5:30	Dinner Break
7:00	<i>Prayer</i> Adult Stages of Development and Formation-Grace Nelson

THURSDAY

8:45	<i>Morning Prayer</i>
9:00	Spiritual Direction Practice
11:45	Self Supervision
LUNCH: Hosted by Distributed Learning	
1:30	Spiritual Direction Practice
4:15	Self Supervision
4:30	<i>Prayer</i>

FREE EVENING

FRIDAY

8:45	<i>Morning Prayer</i>
9:00	Spiritual Direction Practice
11:45	Self Supervision
LUNCH	
1:30-4:30	Spiritual Direction Practice
4:30	Self Supervision
Dinner	
6:30-8:30	<i>Evening Prayer</i> Addictions/12 Step Programs Dennis Anderson

SATURDAY

8:45	<i>Morning Prayer</i>
9:00	Spiritual Direction Practice
12:30	WORKING LUNCH (meal provided)
	Topical Discussions Lucy Abbott Tucker Ethical Conduct in Spiritual Direction
2:00	Writing your final paper Ellen Kogstad
2:30	Introduction to Practicum 2 Helen Cepero

Writing a Narrative Reflection
Getting Started as a Director

FREE EVENING (*write your Narrative Reflection and course evaluation*)

SUNDAY	8:45	<i>Morning Prayer</i>
	9:00	Peer Supervision (bring Narrative Reflection)
	11:00	Assessment of Progress in training as a spiritual director
	12:30	Closing Prayer and Blessing
	1:00	ENDING

Course Resource People

Summer Program Assistant:

Summer Intern:

Guest Lecturers:

Spiritual Direction Supervisors:

Dennis Anderson
Grace Nelson
Lucy Abbott-Tucker
C. John Weborg

Dennis Anderson
Helen Cepero
Marilyn Gehant
Jeanie Hoover
Ellen Kogstad
Ken Lund
Grace Nelson
Mel Ryley
Lucy Abbott-Tucker

Further Reading Options:

The Twelve Steps for Christians, (revised edition) Friends in Recovery, RPI Publishing Inc. 1994.

Patricia Hendricks, Hungry Souls, Holy Companions: Mentoring a New Generation of Christians, Morehouse Publishing, NY 2006.

Eugene Peterson, Eat This Book: A Conversation in the Art of Spiritual Reading, Eerdmans, MI 2006.

Janet K. Ruffing, R.S.M. Spiritual Direction: Beyond the Beginnings, Paulist Press, NY 2000.