

**Listening with the Spirit Brochure**—contains basic information

## **What is Spiritual Direction?**

Spiritual direction is a contemplative practice of being with an individual or group as they attempt to deepen their relationship with the divine, or to learn and grow in their own personal spirituality. The person seeking direction shares stories of his or her encounters of the divine, or how he or she is experiencing spiritual issues or relationships. It is a dynamic process where one can listen to self in order to reflect on life's questions in light of our call. Spiritual direction helps us to learn how to live in peace, with compassion, promoting justice and love. (Thoughts from Spiritual Direction International)

“The whole purpose of Spiritual Direction is to penetrate beneath the surface of a person's life, to get behind the facade of conventional gestures and attitudes which one presents to the world, and to bring out one's inner spiritual freedom, one's inmost trust...the likeness of Christ in one's soul.” Thomas Merton

## **How to Identify the Call to Spiritual Direction**

Do others approach you for conversation on topics that have deeper meaning and revolve around God or sacred ground?

Do such conversations give you life and feel like a priority in your life?

Are you able to live out of a contemplative spirit?

Can you appreciate the subtleties and varieties of human communication:

listen to hear the meaning behind words, to see meaning reflected in one's body, in one's life, and in the silence where our souls commune?

## **Six Criteria for Discerning Calling**

1. Time flies when you are engaged in this calling.
2. Wonder, curiosity, and a sense of awe envelope you.
3. This calling conjures up enthusiasm.
4. This calling brings with it joyful concentration.
5. You learn easily when engaged in this calling.
6. Acting on this calling generates gratitude.

*From “Seek Your Calling and Your Calling Will Seek You: Exploring Discernment as a Way of life by Monika Ellis, OSB and James D. Henry Presence Magazine March 2012 pp40-45*

## **Admission Criteria**

The program is ecumenical in character and is open to people who are:

- In Spiritual Direction for at least 6 months with a “trained” Spiritual Director
- Prayerful persons able to listen to God, self, and others
- Fervent desire to live out God's will in my life
- Grounded in a faith tradition
- Able to demonstrate basic competencies in contemporary scripture, theology and psychology
- Has made a weekend silent retreat
- Able to articulate a sense of call to this ministry
- Available for an interview with the program staff

## **Qualities to be Considered for Spiritual Directors—See others in LWS brochure**

### **Areas of Personal Integration:**

- ability to be present and available to meet the other and to be met-- i.e. present to myself and the other
- ability to trust one's inner responses to what the directee is saying and/or expressing

- ability to aid another to come to a greater interiority and reflectiveness in all the events of the individual's life
- ability to recognize and value the meaningful events in the integration of a person's life
- ability to discern the movement and direction in inner experience
- capacity and ability to make good and sound assessments about where another is, his/her growing edges and issues

#### **Areas of Competence:**

- ability to observe and take note of body language as a means of communication
- ability to listen and to hear what another is saying or trying to say
- ability to pick up feeling and emotional tone of another
- ability to pick up the energy of the directee and to find its tone and direction
- ability to aid another to recognize and name inner experiences
- ability to challenge and confront
- ability to encourage and support honesty
- ability to recognize and to be comfortable with directee's resistances
- ability to learn various skills and approaches which enhance the quality of the spiritual direction relationship and use them appropriately

From Institute for Spiritual Leadership, Chicago, 1991

#### **Considerations**

Attendance at all sessions enriches your experience and that of the group. This program builds on each session. We hope you will be able to attend each session.

If you are in a very in depth transition or a life crisis, we suggest that you wait until you've worked through your personal issues.

If you know in advance that you have chronic health issues or family emergencies that might interrupt your attendance during the two year program, this could interfere with your process and the group's process. Travel or too much work and/or outside commitments need to be discerned.

**Application Process**—formal application will be sent upon request

Call or write for application materials.

Application will include:

References

Brief spiritual autobiography (2 copies)

Initial interview with Staff Team

#### **Interview**

Interviews will begin in March prior to the start of the program year in September. We will ask for possible interview times. We'd like to do at least 2 or 3 in one day.

Candidates will be notified of interview results in a timely fashion.

If accepted, candidates will be asked to make a nonrefundable deposit of \$100. (Deposit will be credited to tuition.

#### **Program Fees**

\$50 application fee to be submitted with application materials for the interview.

Full tuition fees are set on a yearly basis: \$1,600 for year 1 and \$1,700 for year 2 (which includes 2 individual supervisions ).

Full payment, half year payments, or monthly payments are accepted according to a contract.

#### **What would Listening with the Spirit involve? (time commitment)**

For year 1 the class meets Wednesday morning from 9am-noon for 3 hours from the end of September through May for 23 sessions and for a discernment interview about a "Call to Year 2." In Year 1 each

session will involve some type of article(s) and reflection handout on the topic. A reading list will be provided and you may choose to do as much reading as you wish on topics you might need more help with. Internet access will be important to receive materials that you will copy and bring to the session. You will be invited to prepare a prayer and ritual table for one or more sessions for year 2. You will also be asked to share about your denomination or faith tradition.

Age of Director—Having enough maturity to be a good listener with enough life experiences.

### **Primary Learning Topics for LWS Year 1**

(Facilitators: Linda Chandler Smith, Sister Lucy Wynkoop)

Topics of some sessions may change due to the needs of the group.

- 9/23/15 1. What is Spiritual Direction/Expectations of participants and program
- 9/30/15 2. Faith Sharing/Participants Stories of Call to be a Spiritual Director (8 per session)
- 10/7/15 3. Faith Sharing/Participants Stories of Call to be a Spiritual Director (8 per session)
- 10/14/15 No class
- 10/21/15 4. What is the Spirituality of the Spiritual Director/Directee; spirituality powerpoint emphasizing a few traditional beginnings of spiritual direction and a spirituality overview chart
- 10/28/15 5. Compassionate, Contemplative Listening in Spiritual Direction
- 11/4/15 6. Prayer Overview as it relates to Spiritual Direction
- 11/11/15 7. Praying with Scripture/Holy Writings as they relate to a Spiritual Direction session
- 11/18/15 8. Enneagram Dynamics in Spiritual Direction
- 11/25/15 No Class (Thanksgiving Nov. 25)
- 12/2/15 9. Relationship to God and Images of God in prayer
- 12/9/15 10. Discernment about Staying with the Movements of God
- 12/16/15 11. Discernment about Resistance to the Movements of God
- 12/23/15 No class
- 12/30/15 No class
- 1/6/16 No class
- 1/13/16 12. Wisdom of the Body and Feelings in the Directee/Director
- 1/20/16 13. Intimacy, Sexuality, Passion, Love and Prayer of the Directee/Director
- 1/27/16 14. Communication and using questions with the Directee/Director
- 2/3/16 No class
- 2/10/16 15. Creativity in Spiritual Direction
- 2/17/16 16. Using the Unconscious, Active Imagination and Understanding of Dreams with the Directee
- 2/24/16 17. Faith Stages as Progress or Process and some traditional stages
- 3/2/16 18. Participant Sharing of his/her Denomination—Class Members
- 3/9/16 19. What Group Spiritual Direction is? Practicing it with the topic of Forgiveness
- 3/16/16 No class
- 3/23/16 No class
- 3/30/16 20. How to help the Directee in Transition
- 4/6/16 21. Dealing with Grief, Loss, Bereavement, and Dying with the Directee
- 4/13/16 22. Creating Hospitality of the Heart by the Director with the Directee
- 4/20/16 23. Gaining Trust with the Directee through the Director's Presence and attitude of Gratitude and Appreciation
- 4/27/16 Individual Interviews about Call to go to Year 2
- 5/4/16 Individual Interviews about Call to go to Year 2

More dates as needed

Benedictine values will permeate the formation:

Lectio Divina prepares us to read life as a sacred story.

Hospitality opens us to receiving the other as Christ.

Stability teaches us to be present to our experiences.

Continual Conversion becomes a life-long commitment. (*St. John's University, Collegeville, MN*)

Each session will have experiential objectives and as appropriate triads or group work.

Adult centered learning will mean each of you comes with wisdom, experience, and expertise. We will depend on you to share your gifts and we will facilitate the content.

**Year 2** involves 24 sessions of 3 hours each. The sessions will be on practical questions of being a Spiritual Director, participating in peer group supervision and writing assessments, and on-going discernment for the ministry of being a Spiritual Director. Readings will be suggested according to the flow of the material presented.

**Outside of class sessions**, you will be responsible for meeting with **2 or 3 directees** beginning in October and writing 5 supervision assessments, one a month for October through March for peer group supervision. You will be responsible for 2 sessions of individual supervision with staff. You will also present a short presentation on one topic related to spiritual direction issues with some type of handout for the group, prepare a brochure or marketing tool for your own use for presentation to the group, and prepare a prayer and ritual table for one or more sessions for year 2.

**LWS Year 2 Topics** (could change depending on needs of the participants)

1. Sept 21, 2016      Expectations/Starting out as a Spiritual Director/Intake Interview/Ethical Code
2. September 28      How to write a Verbatim from memory
3. October 5          How to write a Contemplative Reflection
- No Class--Oct 12      Meet with Spiritual Directees one time sometime that week
4. October 19      How to do Peer Group Supervision/group sharing from Contemplative Reflection
5. October 26          Peer Group Supervision
6. November 2          Peer Group Supervision
7. November 9          Dual Roles/Power Issues
- No Class--Nov 16, 23      Meet with Spiritual Directees one time sometime during one of the weeks
8. November 30          Supervision Groups
9. December 7          Supervision Groups
10. January 4, 2017      Spiritual Direction Issue
- No Class --Jan 11      Meet with Spiritual Directees one time some time that week
11. Jan 18              Supervision Group
12. Jan 25              Supervision Group
13. Feb. 1              Spiritual Direction Issue
- No Class--Feb. 15      Meet with Spiritual Directees one time some time that week
14. Feb. 22              Supervision Group
15. Mar 1              Supervision Group
- No Class--Mar 8      Meet with Spiritual Directees one time some time that week
16. Mar 15              Supervision Group
17. Mar 22              Supervision Group
18. Mar 29              Spiritual Direction Issue
19. Ap 5              Spiritual Direction Issue
20. Ap 12              Compensation/Marketing
- No class Ap 19          Work on Brochure to bring to the April 26<sup>th</sup> session
21. Ap 26              Present brochure, flier, business card...to the group
22. May 3              Legal/Professionalism/  
Liability
23. May 10              Self Care/Burnout
24. May 17              Closure/Commissioning Certificate/Sending Forth