

YEAR 1

SPIRITUAL DIRECTION FORMATION

Student Syllabus 2020-21



Sustainable Faith

PREFACE

Preface

Welcome to Sustainable Faith's *School of Spiritual Direction*, a 2-year formation track leading toward a certificate in this important and still largely neglected form of pastoral care!

In Year 1 you'll receive superb content by way of the books, videos and the contributions of your teacher. You'll also develop excellent listening and observational skills that will serve you and others for a lifetime. But most importantly, you'll be formed in ways that are unimaginable at the beginning of the journey. What happens to you will be the greatest gift of this time.

The cohort model we've developed is a rich experience, providing you with deep community, a safe place to process and explore, to grow in the knowledge of God and self, to be known well by others, to be encouraged and challenged, and to flourish as a child of God. It may even feel like the church you've always wanted to be part of!

We're grateful you've chosen to take your training through us and look forward to this exciting journey with you!

BOOKS

Candlelight, Phillips
Sacred Companions, Benner

1

Holy Listening, Guenther
Anatomy of the Soul, Thompson

2

The Gift of Being Yourself, Benner
Enneagram Reading

3

Seeking God Together, Fryling
What's Your Decision, Sparough & Manney

4

The Practice of SD, Barry & Connolly
The Critical Journey, Hagberg & Guelich

5

The Books

Module 1 Reading

Candlelight: Illuminating the Art of Spiritual Direction, Susan S. Phillips

Most books talk about spiritual direction, but few take you inside the actual session in the way Susan Phillips does. In this intimate and descriptive book, you get to be the fly on the wall, hearing the give and take of conversation, listening to the interior voice of the director, watching the growth of the director-directee relationship and witnessing the spiritual maturation of the nine directees she presents.

Sacred Companions: The Gift of Spiritual Friendship and Direction, David Benner

Benner's book is a solid, accessible and "Protestant-friendly" intro to spiritual direction and spiritual friendship.

Module 2 Reading

Holy Listening: The Art of Spiritual Direction, Margaret Guenther

Margaret Guenther is like a desert Ammah, and her classic work is one of the most widely required readings in spiritual direction training. Her wisdom, earthiness, humor, stories and practicality all engender trust and elucidate the ministry of spiritual direction.

Anatomy of the Soul: Surprising Connections Between Neuroscience and Spiritual Practices That Can Transform Your Life and Relationships, Curt Thompson, M.D.

Thompson's book will convince you like few others of 1) the power of our stories, our self-narrative; 2) the healing power of being heard / of feeling "felt"; 3) the capacity to be deeply changed, to take on new behaviors; 4) the role of emotions; and 5) the pervasiveness of shame.

Module 3 Reading

Enneagram Reading (see Appendix for suggestions)

Enneagram books are too numerous to mention here, but we favor those that present the Enneagram as a spiritual tool for Christian conversion (growing into the image and likeness of Jesus) over those that present it more as a psychological tool, personality profile or even a spiritual tool but unanchored from any sense of a personal God.

The Gift of Being Yourself: The Sacred Call to Self-Discovery, David Benner

In this exploration of Christian identity, Benner positions self-discovery as a part of spiritual growth. Beginning with the premise that there is no deep knowledge of God without deep knowledge of self, and using false self / true self

BOOKS

Candlelight, Phillips
Sacred Companions, Benner 1

Holy Listening, Guenther
Anatomy of the Soul, Thompson 2

The Gift of Being Yourself, Benner
Enneagram Reading 3

Seeking God Together, Fryling
What's Your Decision, Sparough & Manney 4

The Practice of SD, Barry & Connolly
The Critical Journey, Hagberg & Guelich 5

language (what biblical writers called “the old man” and “the new man”) Benner encourages us to find our uniqueness in Christ, which naturally leads to our God-given destiny and vocation.

Module 4 Reading

Seeking God Together: An Introduction to Group Spiritual Direction, Alice Fryling

Fryling provides a clear introduction specifically for *group* spiritual direction, where individuals can experience what it means to be heard and loved by others in order to listen more attentively to God in their daily lives. She offers practical, step-by-step guidance for those who would like to start, lead or participate in group spiritual direction. Her book equips us for the different aspects of the group experience, including learning to listen to God, using Scripture in a group, navigating different personalities, setting group expectations and asking life-giving questions.

What's Your Decision: How to Make Choices with Confidence and Clarity: An Ignatian Approach to Decision Making, Father Michael J. Sparough, SJ and Jim Manney

In *What's Your Decision?* the authors introduce you to a time-tested, Ignatian approach to effective decision-making. The book addresses common questions such as “What's important and what's not when it comes to making decisions?”, “Can I ever trust my gut?” and “What do I really want?” The goal is to help you make a God-decision in order to make a good decision. Inviting God, who cares deeply about what we do, into the decision-making process, provides freedom to make the best choice.

Module 5 Reading

The Practice of Spiritual Direction, William A. Barry, SJ and William Connolly

Many people regard this book, which came on the scene with a splash in 1982 and reintroduced spiritual direction to the modern world, as the best book available on the the topic. Although it's less personal than, say, Guenther's *Holy Listening* or Phillips's *Candlelight*, it's unparalleled in terms of scope and depth, giving you a book we can return to again and again. We purposefully waited until the 5th module to introduce this book, believing that you'll be in a much better position developmentally to benefit from its depth.

The Critical Journey, Janet Hagberg & Robert Guelich

The Critical Journey introduces you to stages of development in faith, describing in detail the six fundamental stages: the recognition of God, the life of discipleship, the productive life, the journey inward, the journey outward, and the life of love. Additionally the authors unpack the experience of hitting “The Wall,” a high-stakes, stripped-bare moment (usually in midlife) where our own will comes face-to-face with God's will, where a new and more satisfying trajectory can be set if we're willing to relinquish most of what what we have clung to faith-wise. We use this book to help us locate ourselves and consider what fruitful spiritual direction looks like when it is “stage conscious.”

STUDENT AGREEMENTS

- Receive Spiritual Direction
- Offer Spiritual Direction
- Receive Supervision
- Complete Core Reading
- Upload Summary Reflections
- Module Intensives
- Payment

Student Agreements

Receive 8-9 Session of Spiritual Direction (minimum)

You meet monthly with your spiritual director during your 1st year of formation.

Offer 10 Session of Spiritual Direction (minimum)

Meet with 2 directees per month, starting as soon as possible after the Module 1 Intensive.

Receive Supervision (4 sessions minimum)

You'll submit 4 audio recordings from your sessions with your directees. We'll use these to provide you with supervision. You'll also have the opportunity for *group* supervision in the last 2 modules.

Complete the Core Reading (10 books / 2 per module)

Complete Summary Reflections (4)

Upload a 2-page maximum *Summary Reflection* prior to Modules 2-5. Your teacher will say more about this, but typically you'll reflect on the following: 1) your experience of receiving direction (or supervision); 2) your experience of offering direction; 3) how the core reading is impacting you; 4) pertinent life circumstances; 5) questions re spiritual direction that are emerging for you.

Attend All Module Intensives (5)

The face-to-face modules are critical. In the event of sickness or emergencies, form a plan with your teacher for making up missed work. You can do some through additional supervision and 1-on-1 time with another teacher in our organization. (There may be an extra cost for this, especially if you meet online with another one of our expert facilitators to cover material you've missed.)

Timely Payment

If you didn't pay the full balance up front but chose instead to spread out your tuition payments, please stay on top of it. It's a matter of personal integrity to make timely (i.e., monthly) payments. Keep in mind that *if you fail to pay for a month or more, then your teacher doesn't get paid.*

THE 5 MODULES

- Intro to Spiritual Direction 1
- Intro to Spiritual Direction 2
- Self-Awareness / Enneagram
- Group Spiritual Direction & Discernment
- Stages of Faith

Module 1 / Intro to Spiritual Direction, Part 1

<i>Theological Focus:</i>	Spiritual direction as a form of pastoral care, a subset of spiritual formation: theological assumptions underpinning spiritual direction
<i>Formational Focus:</i>	Humility, patience, hope, prayer, silence, love
<i>Skill Development:</i>	Listening, asking questions, making observations, noticing interior movements
<i>Practices / Exercises:</i>	Story Lab, Lectio Divina; Liturgical Prayer, Theological Assumptions
<i>Reading Debrief:</i>	<i>Candlelight</i> , Phillips <i>Sacred Companions</i> , Benner

Objectives:

- ▶ Frame the ministry of spiritual direction in the larger context of spiritual formation
- ▶ Experience the importance of the story
- ▶ Learn to listen with attention, patience and love,
- ▶ Understand and ask questions suitable for spiritual direction
- ▶ Make useful and encouraging observations about the directee
- ▶ Notice our own interior movements, both productive and counter-productive
- ▶ Notice our leanings (e.g., desire to help, to teach, etc.)
- ▶ Distinguish between spiritual direction, counseling, mentoring, coaching, etc.
- ▶ Articulate the qualities of an effective spiritual director
- ▶ learn the conversational dynamics needed for good spiritual direction (humility, trust, silence, pause, prayer, meditation, attention to affective states, etc.)
- ▶ Experience a session of Lectio Divina
- ▶ Choose at least 1 ancillary reading
- ▶ Discuss and enumerate theological assumptions underpinning spiritual direction
- ▶ Learn a simple approach for setting up & leading an SD session (modeled by teacher)
- ▶ Consider meeting space (aesthetics, furniture placement, door) and hospitality

In this first module story has a preeminent place. It is sacred ground and the foundation for the ministry of spiritual direction. How we see, understand and speak of our lives is inextricably linked to our experience of and conversation with God. In this module and the next, we use the stories that are shared to deepen our listening, refine our questions, sharpen our observations, pay attention to interior movements, and see more clearly the various dynamics of spiritual direction.

THE 5 MODULES

- Intro to Spiritual Direction 1
- Intro to Spiritual Direction 2
- Self-Awareness / Enneagram
- Group Spiritual Direction & Discernment
- Stages of Faith

Module 2 / Intro to Spiritual Direction, Part 2

Theological Focus: Love, Acceptance and Forgiveness over Shame

Formational Focus: Humility, patience, hope, prayer, silence, love

Skill Development: Continued development of listening, observations, questions, interior movements

Practices / Exercises: Story Lab, Prayer of Examen, Location Exercise, Triad work

Reading Debrief: *Holy Listening: The Art of Spiritual Direction*, Margaret Guenther

Anatomy of the Soul, Curt Thompson, M.D.

Objectives

- ▶ Acquire additional formational tools by experiencing the *Prayer of Examen* and the *Spiritual Location Exercise*
- ▶ Deepen our "triadic ear" (listening to God, directee, self) via storytelling
- ▶ Debrief together *Holy Listening*; look at role of hospitality, teaching, self-care in SD
- ▶ Create list of major gifts from *Holy Listening*
- ▶ Discuss neuroplasticity, entanglement, emotions, shame (using *Anatomy of the Soul*)
- ▶ Create list of memorable parts of *Anatomy of the Soul*
- ▶ Discuss what goes into forming good spiritual direction questions
- ▶ Time permitting, watch Brené Brown's video on "Vulnerability" (and "Shame")
- ▶ Begin Triad work
- ▶ First experience of supervision / become acquainted with the CRF & Dialogue Form

In Module 2 we continue to share our stories, using them as springboards to learn about the various dynamics at play in spiritual direction. You also experience the Ignatian (*Prayer of*) *Examen* and the *Spiritual Location Exercise*, two forms of prayer that can be mainstays for your own formation as well as a help for your directees. Another key development in Module 2 is the in-house practice of offering 20-min spiritual direction sessions in triads as a way of gaining experience and getting valuable feedback. Over time our triads eventually transition into something called group supervision, to which you also gain first exposure in this module.

THE 5 MODULES

- Intro to Spiritual Direction 1
- Intro to Spiritual Direction 2
- Self-Awareness / Enneagram
- Group Spiritual Direction & Discernment
- Stages of Faith

Module 3 / Self-Awareness & The Enneagram

<i>Theological Focus:</i>	The Glory of God Within Us (via lens of the Enneagram) Seeing the Enneagram Triads in Scripture
<i>Formational Focus:</i>	Growth in Self-Awareness
<i>Skill Development:</i>	Understanding & Using the Enneagram
<i>Practices / Exercises:</i>	Centering Prayer, Visual Journaling, Triads and/or Group Supervision
<i>Reading Debrief:</i>	Enneagram book of your choosing <i>The Gift of Being Yourself</i> , Benner

Objectives

- ▶ Link growth in self-awareness with growth in knowing God (receiving and giving love)
- ▶ Acquire a biblical framework for understanding the Enneagram triads
- ▶ Learn the Enneatypes / Identify one's own Enneatype
- ▶ Learn the passions (vices), fixations and virtues of the Enneatypes
- ▶ Learn the particular "face of God" in each Enneatype
- ▶ Learn Wing Theory / Identify one's dominant wing
- ▶ Learn Arrows (Lines) of Desolation & Consolation / Identify one's own stress patterns
- ▶ Gain first exposure to Instinctual Variants (Subtypes)
- ▶ Discuss how the Enneagram can function in spiritual direction
- ▶ Consider appropriate spiritual disciplines for various Enneatypes
- ▶ Acquire further resources for learning about the Enneagram (books, testing, etc.)

This is by far our most content-heavy module. We emphasize the following in teaching the Enneagram: 1) it's one of many tools for self-understanding, capturing part of reality and the human condition, not all; 2) the triads have a biblical foundation, seen most clearly in the Temptation of Jesus; 3) proper use of the Enneagram should grow compassion for self and others; 4) it's best used for ourselves, not to diagnose and treat others; 5) we use it in spiritual direction to help confirm what the Spirit is already doing in the directee; 6) we don't use it overtly in spiritual direction unless we're well-versed in it *and* our directee asks to explore it as a means of growing in self-understanding.

THE 5 MODULES

- Intro to Spiritual Direction 1
- Intro to Spiritual Direction 2
- Self-Awareness / Enneagram
- Group Spiritual Direction & Discernment
- Stages of Faith

Module 4 / Discernment

<i>Theological Focus:</i>	Discernment
<i>Formational Focus:</i>	Discern more comprehensively / Expand <i>modes</i> of discernment
<i>Skill Development:</i>	Learn how to set up and lead Group Spiritual Direction & Clearness Committee Better direction through supervision
<i>Practices / Exercises:</i>	Desolation / Consolation Exercise (Ps 42-43) Discernment Exercise Group Spiritual Direction Clearness Committee
<i>Reading Debrief:</i>	<i>Seeking God Together</i> , Fryling <i>What's Your Decision</i> , Sparough & Manney

Objectives

- ▶ Experience 2 forms of group discernment direction: Fryling's model and the Clearness Committee
- ▶ Grow in our understanding and experience of group dynamics in spiritual direction
- ▶ Learn elements that contribute to healthy discernment
- ▶ Gain a clear picture of what consolation & desolation are from an Ignatian perspective
- ▶ Gain a clear picture of what detachment & holy indifference are from an Ignatian perspective; identify our own disordered attachments
- ▶ Experience solitude and silence as precursors to discernment
- ▶ Set up an individual plan for a half-day of solitude & silence
- ▶ Practice supervision (via either Verbatim or CRF)

Module 4 is heavy on the topic of discernment. Although discernment *per se* will hardly be unfamiliar to you, this module will likely provide you with your first guided experience of Ignatian-style discernment, introducing you to a clear process and to less familiar and less practiced ways of listening to God and self. In order to aid discernment, we also spend time on the concepts of consolations-desolation, ordered and disordered attachments, and holy indifference. Additionally, you experience two distinct forms of *group* discernment: group spiritual direction and the clearness committee.

THE 5 MODULES

- Intro to Spiritual Direction 1
- Intro to Spiritual Direction 2
- Self-Awareness / Enneagram
- Group Spiritual Direction & Discernment
- Stages of Faith

Module 5 / Stages of Faith

Theological Focus: Created in the Image of God; Growing in the Likeness of God (Orthodox understanding: from “original glory” to glory restored)

Formational Focus: Noticing the good work God has accomplished (via *Reflection on Christian Maturity* and *Harvest Exercise*)

Skill Development: Refining the practice of direction in various faith stages
Better direction through supervision

Practices / Exercises: Lectio Divina, Reflection on Christian Maturity
Elevator Speech: explaining spiritual direction to others
Naming Strengths and Weaknesses as Directors
Naming “Best Practices” in spiritual direction
Group Supervision using CRF / Dialogue Forms
Harvest Exercise

Reading Debrief: *The Practice of Spiritual Direction*, Barry & Connolly
The Critical Journey, Hagberg & Guelich

Objectives

- ▶ Sharpen the practice of spiritual direction via final work in supervision
- ▶ Develop & share a short explanation of spiritual direction to the uninitiated
- ▶ Identify one's current strengths & weaknesses as a spiritual director
- ▶ Review good practices in spiritual direction
- ▶ Learn the stages of faith development as named in *The Critical Journey*
- ▶ Reflect on and name features of Christian maturity
- ▶ Become acquainted with opportunities for further training & support
- ▶ Reflect, via *Harvest Exercise*, on the movements of God in one's life & ministry over the past year
- ▶ Celebrate! Bless & encourage one another before leaving!

Explicating the faith journey in terms of stages is an eye-opening experience, often leading to an engaging discussion on the arrested development of the Western church. But what we want more is for you to become “stage-sensitive” in offering direction. Beyond this, Module 5 is designed largely to help you: 1) review / restate what's important in spiritual direction; 2) recognize and celebrate what God has done over Year 1; 3) think about your next steps; and 4) receive a final blessing!

READING RESOURCES

Additional Reading Resources

If you're interested in exploring further the topics we've introduced in one of the modules, here are some books to read on your own. Ask your teachers for their favorite titles.

Spiritual Direction, Listening, & Hospitable Presence

The Art of Spiritual Direction: Giving and Receiving Guidance, W. Paul Jones: Methodist turned Trappist monk. General overview of spiritual direction, with lots of practical information.

Guided by the Spirit: A Jesuit Perspective on Spiritual Direction, Francis Joseph Houdek

Seeking Spiritual Direction: How to Grow the Divine Life Within, Thomas Dubay: The qualities to look for in a spiritual director, how to find one, ways to deepen prayer, how to grow when enthusiasm is thin.

Fierce Conversations, Susan Scott: How to be present, engaged, and committed in conversations. This book from the business world offers some helpful mindsets and conversational practices.

Many Colors: Cultural Intelligence for a Changing Church, Soong-Chan Rah: Insight on becoming aware of how one's culture impacts the capacity to be a hospitable presence. The book offers practical suggestions to discover ways to honor the presence of God in all peoples.

Spiritual Direction: Wisdom for the Long Walk of Faith, Henri Nouwen: a posthumous book by students of the beloved Catholic priest Henri Nouwen; provides readers with the experience of receiving direction.

The Way of Spiritual Direction, Nemeck & Coombs: Explanatory, theologically grounded and practical book on spiritual direction; also addresses problems that may arise.

Hospitality: The Heart of Spiritual Direction, Leslie A. Hay: solid treatment of biblical hospitality and how a radical practice of hospitality enriches spiritual direction.

Daring Greatly, Brene Brown: a compelling and confessional exposition on vulnerability and its importance for living courageously, overcoming fear and disappointment, and experiencing love, belonging, empathy, joy, innovation, and creativity.

Spiritual Disciplines & Prayer Practices

Spiritual Disciplines Handbook, Adele Ahlberg Calhoun: Practical, accessible guidance that explains and helps you practice spiritual disciplines.

READING RESOURCES

Prayer as a Place, Spirituality That Transforms, Charles Bello: explores the use and transforming power of contemplative prayer as a means of following Christ.

Prayer: Finding the Heart's True Home, Richard Foster: a primer on prayer; how to understand, experience and practice prayer in its many forms.

The Practice of the Presence of God, Brother Lawrence: an obscure monk notices the life and love that develops from an intentionally cultivated, hour-by-hour, intimate interior conversation with God.

Sacred Rhythms, Ruth Haley Barton: introduces spiritual practices and their power to open us to God's transforming love; also contains a solid explanation of a "Rule of Life."

God in My Everything: How An Ancient Rhythm Helps Busy People Enjoy God, Ken Shigematsu: a former business executive in corporate Japan and current senior pastor of a large multi-ethnic urban church in Canada, Shigematsu shares his journey and practical tips on creating a "rule of life" to sustain you no matter your life vocation.

Soul Care in African American Practice, Barbara L Peacock: an exploration of historical and modern day practices of spiritual direction, prayer and soul care as exemplified in African American history and spiritual leaders.

Lectio Divina

Eat this Book, Eugene Peterson: elucidates the practice of "spiritual reading" and lectio divina, showing us how to read the Scriptures on their own terms and to live them deeply.

Opening to God, David Benner: looks at prayer as a communion with God and a work / grace of God; it encompasses all of life when offered to God in faith and openness, moving us beyond just words.

Sacred Reading: The Ancient Art of Lectio Divina, Michael Casey: a Benedictine monk and scholar examines the historic tradition of *lectio divina* and how it fosters a spiritual approach to living.

Centering Prayer

Centering Prayer and Inner Awakening, Cynthia Bourgeault: explores / explains the practice of what we've come to call "centering prayer" and offers practical guidance on practicing it.

Open Mind, Open Heart, Thomas Keating: a classic work by a Trappist monk who was instrumental in re-introducing centering prayer to a whole new generation. (Not light reading.)

READING RESOURCES

Centering Prayer: Renewing an Ancient Christian Prayer Form, M. Basil Pennington: another excellent and heavyweight book; explores centering prayer, addresses obstacles, and offers practical aids.

Spiritual Formation

Invitation to a Journey: A Road Map for Spiritual Formation, M. Robert Mulholland, Jr.: a look at the process of spiritual formation and the practices that contribute to our gradual growth into Christlikeness.

The Deeper Journey: The Spirituality of Discovering Your True Self, M. Robert Mulholland, Jr.: discusses the central role self-identity plays in stunting or transforming our faith; invites us into healthy identity, greater love for others, and compassion for the world.

Emotionally Healthy Spirituality, Peter Scazzero: how emotional immaturity affects spiritual growth.

Renovation of the Heart, Dallas Willard: from one of the “fathers of spiritual formation” in modern Protestant circles, an exposition on how to be transformed in six aspects of life: thought, feeling, will, body, social context, and soul.

A Guide to Christian Spiritual Formation: How Scripture, Spirit, Community and Mission Shape Our Souls, Evan B. Howard: a comprehensive description of spiritual formation including biblical roots, theological perspectives, and the human experience and practices.

Soulful Spirituality, David Benner: improperly framed, spiritual practices can actually dehumanize us; Benner offers ways to ensure that our practices lead us to become fully alive and deeply human.

The Holy Longing: The Search for a Christian Spirituality, Ronald Rolheiser: Explores healthy spirituality. What does it mean and how do we apply it? What are the non-negotiables and impacts?

Sacred Fire: A Vision for A Deeper Human and Christian Maturity, Ronald Rolheiser: how identifying and embracing discipleship will lead to new heights of spiritual awareness and maturity.

A Failure of Nerve: Leadership in the Age of the Quick Fix, Edwin Friedman: a renowned family systems therapist invites us to the hard work of becoming non-anxious, self-differentiated and lovingly engaged.

Falling Upward: A Spirituality for the Two Halves of Life, Richard Rohr: looks at the tasks of the two halves of life and what it means to come into fullness in the second half.

Interior Freedom, Jacques Philippe: a marvelous little book about moving to “holy consent” in difficult life circumstances and finding divine freedom; how faith, hope, and love are the key to our spiritual lives.

Mansions of the Heart: Exploring the Seven Stages of Spiritual Growth, Thomas Ashbrook: a modern reworking of Teresa of Avila’s “seven mansions”, explaining spiritual transformation in stages

READING RESOURCES

Discernment

Authenticity: A Biblical Theology of Discernment, Thomas Dubay: explores how to discern whether we are being led by the Spirit or our own unredeemed inclinations, the spirit of God or the enemy of our souls.

Discernment: The Art of Choosing Well, Pierre Wolff: a Jesuit uses Ignatian principles to guide us in making choices, both individually and in groups.

Discernment: Reading the Signs of Daily Life, Henri Nouwen: listening to the Word of God ... in our hearts, in the Bible, in the community of faith, and in the voice of the poor as a way to discern God's plan.

Hearing God: Developing a Conversational Relationship with God, Dallas Willard: how to build our relationship with our Creator and hear the Lord's voice.

A Hidden Wholeness: The Journey Toward an Undivided Life, Parker Palmer: explores our yearning to live undivided lives; offers ways to align our lives with inner truth in the face of a world of fragmentation.

Listening Prayer: Learning to Hear God's Voice and Keep a Prayer Journal, Leanne Payne: guide to experiencing a fuller, more meaningful prayer life by learning to listen to God.

Let Your Life Speak: Listening for the Voice of Vocation, Parker Palmer: learn to listen on the inside and follow prompts toward deeper purpose, meaning and calling.

Pursuing God's Will Together, Ruth Hailey Barton: how a community discerns God's will together; personal & group practices lead you to new ways of experiencing community & hearing God.

Sleeping with Bread: Holding What Gives You Life, Linn: Questions to discover what gives us life; introduces the ancient practice of the Examen.

Ignatian Spirituality

The Discernment of Spirits, Timothy M. Gallagher: help to understand St. Ignatius of Loyola's "Rules for Discernment" and how their insights are essential for our spiritual growth today.

In the Midst of Noise: An Ignatian Retreat in Everyday Life, Michael Campbell-Johnston, SJ: how to put aside the cares / preoccupations of your busy life via an Ignatian-informed 30-day retreat.

Inner Compass: An Invitation to Ignatian Spirituality, Margaret Silf: rich in helpful metaphors, reflections and insights gained through Ignatian spirituality, this is a book to linger over, not quickly read.

The Jesuit Guide to (Almost) Everything, James Martin, SJ: Find God in all things! A lengthy but easy and entertaining read that will orient you well to Ignatian spirituality.

APPENDIX

- Sample Summary Reflection
- Contemplative Reflection Form (CRF)
- Dialog Form

Sample Summary Reflection (2-pages max)

Receiving Spiritual Direction

Since the last Summary Reflection, I've had one meeting with my spiritual director. We use Skype, and the medium worked well. He was very affirming as I shared how I felt out of my element in my daily prayer times. His questions were exactly what I needed to further examine the direction in which I'm headed. I'm grateful for his quiet way of seeing deeper into the issues we discuss.

Offering Spiritual Direction

After the 2nd cohort I feel better equipped both practically and conceptually to offer direction. I'm excited about integrating things we're learning and preparing myself for each meeting ahead of time. The two people I'm working with are very positive about their experiences and eager to keep going, which seems like a good sign, even though I don't necessarily feel like I know what I'm doing. As I learn more about it, I have a growing sense of excitement and anticipation for what God wants to do through it, along with a greater sense of dependency on His Spirit to see that happen. My experiences in offering direction are now affecting my understanding / awareness of my own story. And by mostly asking questions in direction and probing about the relationship with God, I'm now doing more of the same in my own life.

Core Readings

I'm not very familiar with the Enneagram, so I chose to read *The Road Back to You* by Ian Cron. As I read through the different Enneatypes, I identified myself as an Enneatype 1. I have a tendency to over-prepare for things that I'm responsible for. I want to serve people well and in the very best ways I can. My focus on doing things well can sometimes take the fun out of the experience for me. So the shadow side of the Enneatype 1 looms over me when my own high standards are unchecked. I feel an invitation by God to lean into grace. I see this playing out as I prepare to offer spiritual direction to my directees. I see how the Enneagram can help me with self-awareness, and I am resisting the temptation to "type" other people.

I appreciated Benner's *The Gift of Being Yourself* as a reminder that knowing myself is key to deeper knowing of God and vice versa, and that this is a lifelong process. If I'm honest, I guess I might have assumed I would outgrow the need to know myself better. The book is a clear "not so!" And this makes me appreciate all the more the space of spiritual direction to explore this deeper knowledge of self and God.

APPENDIX

- **Sample Summary Reflection**
- **Contemplative Reflection Form (CRF)**
- **Dialog Form**

Spiritual Practices

Praying in the Spirit continues to go well. I was also spending 15 minutes silently with the Lord, and after the last cohort meeting I shifted this time to Centering Prayer. When we practiced this in our lovely, quiet, peaceful, Christ-centered setting as a cohort it seemed like a “piece of cake.” Imagine my surprise when I attempted it outside that setting and my brain was not at all cooperative. Yikes! My gray matter actually aches sometimes with the effort, sort of like trying to do a physical exercise that my muscles are not strong enough to execute properly. However, I’m determined to keep at it and have had some measure of success, but it’s definitely more challenging than I expected. I’m really holding onto the example our instructor shared about the man who did this daily for over a year, and months into it his wife started to notice the changes in him that he himself hadn’t. I want to experience change that other people notice. I’m trying hard to focus my breathing when prayer goes sideways, but my brain seems at a loss without words or pictures to tap into for focus. Since focus is not my strong suit in general, I feel that this is like “medicine” for me and will swallow it obediently in order to obtain the desired affect.

Life Circumstances

The build-up to and the celebration of this recent holiday was frenzied, but time with my children was sweet. My wife and I have adjusted to spending our holidays separately, and although we wish it were different, we’ve come to peace with this reality. Emotionally, I’m holding my wife’s significant struggles and our fast-approaching empty nest season of life. I normally don’t anticipate or deal with things like this in advance, but there’s a lot lingering in the back of my mind. Helping my wife feels like walking a narrow and somewhat treacherous road, but I realize I can’t be the one who brings what she needs. Simultaneously I also feel that God is drawing me to be very present to her just as she is to me in other areas of life.

We’ve also experienced a positive, significant shift in a somewhat fractured area in our marriage, which though good, is still an adjustment. (Funny how you get used to something being a certain way, pray for change and then, when it comes, be surprised at the internal change it may require of us!)

Questions for Upcoming Module

1) Can we talk more about how to prepare for your meetings with people? 2) How do you decide if a Spiritual Director is “right” for you? 3) What can we do to take the greatest advantage of our time receiving spiritual direction?

Contemplative Reflection Form (CRF)*

APPENDIX

- Sample Summary Reflection
- Contemplative Reflection Form (CRF)
- Dialog Form

Spiritual direction can be viewed as a prayerful and triadic conversation between the directee, the director, and God. The CRF is a tool to help you reflect on these interactions and your experience of offering direction.

Your Name _____

Directee's Code Name _____

Today's Date _____

Date of Conversation _____

Part 1: Review your SD conversation via a Prayer of Examen.

Remember the conversation, what you heard, what you saw.

- ▶ What thoughts and feelings do you recall, either yours or your directee's?
- ▶ What were you feeling / How did you feel after the conversation was over?
- ▶ As you slowly review the whole experience, notice where you experienced the most intense energy or perhaps a sense of disconnection.

Part 2: Reflect on the Triadic Conversation

Directee

Introduce your directee to your supervisor. Give a brief bio, being mindful to omit anything that identifies the directee. What was most striking or memorable about the directee during the conversation?

Director

What did you notice about *yourself* during the direction conversation? Were there any "unexpected guests" that showed up, such as old memories, unwanted thoughts, familiar tapes / loops, bodily responses (e.g., nervous behavior, shifting in chair, fatigue, etc), desires & longings of your own?

Where did you experience the strongest feeling (physically, emotionally or spiritually) during the conversation? Describe (as best as you can remember) what you felt.

God

Where did you glimpse the movement of the Holy Spirit in the directee? (signs of freedom, solidarity in suffering, invitation, etc).

In what ways did you experience God guiding you, speaking to you, meeting you?

Part 3: The Supervision Session

APPENDIX

- **Sample Summary Reflection**
- **Contemplative Reflection Form (CRF)**
- **Dialog Form**

The supervision piece has two components: a *focus statement* that helps with inner growth and a *consultation question* that helps with skill development. Both matter. The world needs directors who are self-aware and spiritually attuned to the inner dynamics at play in spiritual direction. But we also need skillful directors who know how to work with different types of people, know how to begin a conversation well, how to redirect a conversation when needed, how to end well and summarize, and many other things. We want the best of both worlds. Yet we'll always prefer a more self-aware and spiritually sensitive director with *average* skills over a highly-skilled but spiritually dull director. Why? Because "love covers a multitude of sins." So in the supervision session we'll strategically give more weight and time to the focus statement when time is limited.

Write a Focus Statement

After reflecting on what occurred within you during the spiritual direction experience, write a focus statement summarizing what you want to explore in supervision. It can be helpful to begin your focus statement with, "I want to explore / look at / understand ..." and then state succinctly what you want to talk about.

E.g., "I want to explore how uncomfortable I felt offering direction to someone so much older than I" or "I want to look at the breakthrough moment that happened in our conversation, the point where the conversation shifted."

Write a Consultation Question

This would be more of a "how to" question, a "what do you do when ..." question that helps with skill development. E.g., "What are some helpful ways to end my spiritual direction session on time when my directee really likes to talk?" Or "What do you do when your directee routinely gives very brief answers and seldom elaborates?" Or "The way I've been ending my session doesn't feel satisfactory. What are some things that would be good to remember about ending well?"

Part 4: Conclude the Supervision Session

At the close of your supervision appointment, summarize what you've learned.

- ▶ What new awareness, freedom or skill have you gained?
- ▶ What would you like to try or do differently in the future?
- ▶ What surfaced that you'd like to explore further with your own spiritual director?

* Adapted from *Contemplative Reflection Forms* used by *Together in the Mystery* (a ministry of San Francisco Theological Seminary), WellSpring, and the Scharf Model of Spiritual Direction Supervision.

APPENDIX

- Sample Summary Reflection
- Contemplative Reflection Form (CRF)
- Dialog Form

Dialogue Form (To Accompany the CRF)

Using your recording, write out the portion of your conversation related to your focus statement. (If you prefer, you can write down the portion of your dialogue related to your consultation question.)

On the *left side* of the form, write the conversation, one line per statement or block of words. On the *right side*, describe your internal responses: thoughts, feelings, or intuitions. Also record body responses in you or your directee. You won't necessarily have something for every line on the right side.

After you've completed the Dialogue form, review what you noted in the right-hand column. At the end of each box on the right where you entered your responses, label your responses with the following code: T = thoughts, F = feelings, I = intuitions, B = body response.

Your Name		Today's Date	
Directee Alias		Conversation Date	
Session #			

Dialogue: a portion of the conversation, written out as a dialogue between you and your directee.	Your thoughts, feelings, intuitions. Also include your or the directee's body responses during the conversation.
Directee 1 (D1)	
Self 1 (S2)	
D2	
S2	
D3	
S3	
D4	
S4	
Etc	