



Grace Episcopal Church

341 Washington Street Traverse City, MI 49684-2547

Ecumenical Two-Year Spiritual Direction Formation Program 2010-2012

Spiritual Direction is concerned with a person's real experience of their relationship with God. It can best be described as the art of contemplative listening carried out in the context of a one-to-one trusting relationship. It is when one competent guide journeys with another person, listening to that person's life story with an ear for the movement of the Holy Spirit, of the Divine and offering response as is appropriate. An important component of listening is discernment of patterns and relationships that lead toward God or away from God. The director and directee become co-listeners or co-discerners who sit before the Word as it stirs in the heart of the directee. The heart of spiritual direction is the religious dimension of experience. A spiritual director helps a person notice and respond to our self-communicating God.

In the ancient Christian tradition of spiritual direction it has always been understood that God is the director and the spiritual director assists the seeker in uncovering and discovering the *direction of God* in that person's life. This enables the directee to receive and reverence God's action and invitation in such a way that it elicits a natural and genuine response. We believe that God is active in *all* areas of life. Therefore, in addition to listening to the personal and interpersonal stories of others, spiritual directors are assisted to learn how to listen to the wider context of the directee's life: the communal, organizational and environmental arenas in which people experience God acting in their lives, and help them to deepen in their response.

The Charism and Call

The first indication that someone is called to the ministry of spiritual direction is that others are seeking that person out. It does not originate with the idea that this is something I want or think I would be good at, like any other career move. The person is already engaged in contemplative listening and responding to others and is deeply committed to his/her personal spiritual journey. This person is usually receiving spiritual direction and growing him or herself as a discerning person. A maturity about life and a depth of "good" Theology, Psychology and Spirituality are evident. The starting point is the presence of the *charism*, as gift for and in the Church, a ministry in the Church; a gift that can then be fine-tuned in a spiritual direction training education/formation program. The focus of such a program is on the *doing* of spiritual direction under the guidance of an individual mentor/supervisor. Those completing the program receive a certificate of completion.

This is not a credential because there is no certifying body for spiritual directors as of yet. Spiritual Directors International (SDI) www.sdiworld.org continues to hold discussions on this topic at its annual conference.

Requirements and Considerations

Spiritual directors journey with and assist in discerning spiritual experiences and the Spirit's direction in the interior life of the other, as well as confirm or challenge those experiences and sometimes suggest paths of growth in grace. They consequently need to have considerable experience of the inner life and a reasonable depth of knowledge of their own faith tradition, theology, scripture, spirituality and ethics as well as a degree of psychological health in one's life. They need to be well grounded in their own spiritual formation and reflect significant inner freedom – a discerning heart. In addition, they need to have an openness and willingness to journey with others from different faiths and traditions.

Formal Requirements for admission to the Practicum:

Rooted in a faith tradition

Willingness to reflect on personal experience and participate in practicum by finding directees

M. Div., MA or equivalent in Theology, Spirituality, lay/pastoral ministry, or Psychology

Experience of Spiritual direction at least 6 months prior to program

Annual silent, directed retreat of 4, 6 or 8 days

Recommended by others for the ministry of spiritual direction

Already sought out by others for this ministry or referred by others

Attendance at all sessions

Application/Interview process by staff

The two-year spiritual direction practicum consists of:

- Three modules each year focused on Spiritual Direction, Christian Discernment, Adult Development and Spiritual Direction
- A written integration paper for each module
- Required readings for each module (2-3 books per module and 2-3 articles)
- Experiential sessions that involve the participants in an adult learning model of small & large group work, prayer & reflection, individual presentations, art work, videos, etc.
- Peer group at each session
- Meeting directees for spiritual direction sessions outside session time (6-8 over the two years)
- One hour meeting with an individual spiritual direction mentor (assigned by staff) once a month outside session time for a total of nine meetings each year.
- Preparation of a written spiritual direction conversation for each mentoring meeting which takes place outside session time
- Continued development of a life of prayer and contemplation and on-going review of a personal Rule of Life
- Extensive study of the Spiritual Exercises and Guidelines for Discernment of St. Ignatius of Loyola individually and as a group
- Annual 4 or 6 day directed retreat
- On-going discernment of the call to the ministry of spiritual direction

The program draws heavily on the readings and work begun in the Foundations of Christian Spirituality – participating in this year-long program is most helpful *but not required* for participation in the Spiritual Direction program This Foundation program is offered at Dominican Center at Marywood, Grand Rapids and Christ United Church in DeWitt, MI. and beginning 2010 at Grace Episcopal Church, Traverse City. Study of the mystics and great spiritual teachers influences all aspects of the program and formation process. Each participant is asked to choose one of these “giants” as a personal spiritual mentor to help deepen one’s charism and approach to the spiritual direction ministry as a complement to the appropriation and application of the teachings of St. Ignatius and one’s own personal spirituality.

Schedule: Thursday evening: 6:30 p.m. – 9:30 p.m. and Friday 8:30 a.m. – 4:30 p.m.

October 21/22, 2010
November 11/12, 2010
December 9/10, 2010
January 20/21, 2011
February 17/18, 2011
March 10/11, 2011
April 7/8, 2011
May 5/6, 2011
June 2/3, 2011

Silent Directed Retreat Opportunities:

- **Four day Retreat: Ecumenical Lenten Silent Directed Retreat** Location: St. Francis Retreat Center, DeWitt Date: Thursday, March 24, 6:00pm (dinner) through Sunday, March 27, 12pm Cost: \$260 single occupancy and meals. Directors: Nancy Brousseau, OP & Rev. Erick Johnson
- **Holy Week – Easter Triduum Directed Retreat:** capacity limited – Location: Dominican Center at Marywood, Grand Rapids, with overnight rooms and meals and participation in Holy Week services on Marywood Campus– April 21, 2011 Holy Thursday 12:00 noon through Easter Sunday, April 24, 2011 ending at noon. \$260.00 single occupancy and meals.
- **Six day Retreat:** Sunday, June 12, 2011, 6:00 p.m., dinner - Friday, June 17, 2011 at 3:00 p.m. Cost: \$360.00 single occupancy and meals. Location: St. Francis Retreat Center, DeWitt, Michigan. The Center is nestled amid 95 acres of grassy knolls and pine groves.

Dates for Year II of the Spiritual Direction Practicum 2011-2012 will be distributed in the Fall.

Participants (now called *Associate Spiritual Directors*) will also be expected to have as many as **6-8 directees** over the course of the practicum - the place where theory and practice meet. **Associates are strongly encouraged to receive their own spiritual direction during the Practicum.** We can assist Associate Directors in finding directees but we also leave some of that responsibility to the Associate. It is most important that you have as broad an experience of individuals as possible during the program i.e., male, female, variety of ages, etc..

Attendance at all sessions is expected. Program Fees: \$1125 per year

- covers cost of tuition/materials/handouts (does not cover required text books)
- Friday lunch

At Participant's Expense:

- monthly individual mentoring/supervision (9 sessions @ \$40 per session paid directly to the spiritual direction mentor at the time of the visit)
- required books
- overnight arrangements as needed by participants traveling any distance
- annual retreat

Application Fee: \$30.00

This is a separate fee which includes administration and interview costs. We recommend the annual tuition payment of \$1125 be made in quarterly installments of \$281.25: September - November - February - May of each year, payable to Grace Episcopal Church. Of course, payment up front is welcome!

Recommendation Forms:

We ask that you select three individuals as references and send them the form with your name on it. They will send the completed form by the due date, directly to Rosemary Hagen. You might consider the following three as references: your spiritual director, a colleague or pastor, a friend. **Rule of Life:** Those who may have participated in the year-long program, Phase I Foundations of *Christian Spirituality* at Dominican Center in Grand Rapids covenanted with God, self, family and the Center for Mission & Ministry through the writing of a "Rule of Life" that was blessed and offered at the beginning of the year. In the two-year program for becoming a spiritual director, Associate Directors will be asked to renew this covenant and in addition, to add to the covenant a commitment to a peer-supervision group for at least three years following completion of the two-year program. More will be offered on this as we near the end of the program. For those who did not participate in the *Foundations* program preparation for writing a Rule of Life will be offered. The Foundations program continues to be offered at Dominican Center and in DeWitt at Christ United – an ELCA program facilitated by Sr. Nancy Brousseau, OP **The required reading list and final overview of the program will be made available upon acceptance into the program. Once the above application materials are received, participants will be notified and scheduled for a discernment interview with the staff – approximately one hour in length.**

About the Facilitators:

Nancy Brousseau, OP, DMin., is a Dominican Sister of Grand Rapids. From 1997 – 2008 she was at Dominican Center at Marywood in Grand Rapids as Director of Programs for 6 years and a Co-Director of the Center for two years and Director 3 years. She has an MA in Religious Education, an M.Div. from St. John's Seminary Detroit and a D.Min. (Doctor of Ministry) in Spiritual Direction. In 2009 Sr. Nancy was hired by the ELCA North/West Lower Michigan Lutheran Synod as Facilitator of The Center for Mission & Ministry. Nancy has been a spiritual director and retreat director for thirty years. Part of the time she offers retreats, spiritual direction, workshops and programs in prayer and spirituality for churches and nonprofit groups throughout Michigan, Indiana and Ohio. Sr. Nancy's passion is for awakening adults to the fire of the Holy Spirit in their daily lives. You can read about her experience of doing spiritual direction with the street people of the Heartside neighborhood in Grand Rapids in "*Group Spiritual Direction: The Lived Experience*" by Paulist Press. Rosemary Hagan, DMin., is a Spiritual Director at Grace Episcopal Church, Traverse City, MI., and is employed by Hospice of Michigan in Traverse City as a Spiritual Care Advisor. She has a Doctor of Ministry in Spiritual Direction and a MA in Education. She received her Spiritual Director training under Sister Nancy Brousseau through the Dominican Center at Marywood in Grand Rapids, MI. Rosemary is also certified to provide Individual Directed Retreats and offers individual and group spiritual direction.

For more information please contact

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Or Sr. Nancy (cell): (616) 560-4580 or nbrousseau@aol.com