

Overview of Listening with the Spirit 2021-2023

Call to be a Spiritual Director

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. (Developed 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 energy 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:

- have been Spiritual Direction for at least 6 months with a “trained” Spiritual Director
- are prayerful persons able to listen to God, self, and others
- have a fervent desire to live out God's will in their lives
- are grounded in a faith tradition
- are able to demonstrate basic competencies in contemporary scripture, theology and psychology
- Have made a weekend silent retreat (You are welcome to come to The Priory Spirituality Center for a silent retreat. Go to www.stplacid.org under retreats and schedule one if you wish.
- are able to articulate a sense of call to this ministry
- are 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 expect you will be able to attend each session. If you are out of town, we would expect you to participate by Zoom. If you are in an 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 papers are on the St. Placid website under “long-term programs” for The Priory Spirituality Center. Papers will be sent via email upon request.

Application will include:

2 references

A brief spiritual autobiography of 4 to 6 pages (2 copies)

Initial interview with Listening with the Spirit Team using the application materials/
interview questions

Interview

Interviews will begin in February 2021. We will let you know by the end of May. These interview may be done on Zoom if we are without a vaccine for COVID 19. We will ask you for possible interview times. The interview is about an hour in length. Candidates will be notified of interview results in a timely fashion.

The interview cost is \$100. The \$100 will not be credited toward tuition. If accepted, candidates will be asked to make a nonrefundable deposit of \$100. (The deposit will be credited toward tuition.)

Program Fees

A \$100 application fee is submitted with your application materials and spiritual autobiography before the interview. The application materials and spiritual autobiography will be the substance of the interview. The interview takes about an hour. **This fee is different from your deposit fee.**

Full tuition fees are set on a yearly basis: **\$2,000 for year 1 and \$2,100 for year 2** (which includes 2 individual supervisions). **If you wish to make hard copies of the materials sent to you, you will be responsible for that cost. If you prefer to use your computer, make sure to download your copies.** Full payment, half-year payments, or monthly payments are accepted according to a contract.

What time commitment in sessions would Listening with the Spirit involve?

For **Year 1** the class meets Wednesday morning from 9am-noon for 3 hours for 24 sessions from **October 6, 2021 through May 4, 2022** (see schedule below). In year 1 each session will involve reading some articles and reflection handouts on the topic sent via internet. Internet access will be important to receive materials that you will copy or bring on your laptop to the session. A discernment interview on your "Call to Year 2" will take place after a morning session for those who live at a distance and on a Wednesday morning for those who live in the vicinity.

Year 2 meets on Wednesday morning from 9am-noon for 3 hours. Year 2 begins **October 5, 2022 through May 17, 2023. It may be subject to change. We will meet for 24 sessions** (see schedule below). The sessions will be on practical questions of being a Spiritual Director with an internship which involves peer group supervision of written verbatims and reflections. Computer readings and reflection questions will be suggested according to the flow of the material presented. On-going discernment for the ministry of being a Spiritual Director continues.

Outside of class sessions for Year 2, you will be responsible for meeting with **2 or 3 directees** beginning in October and writing **5 supervision assessments** from October through March for peer group supervision. You will be responsible for **2 sessions of individual supervision with staff**. You will also present short presentations on topics related to spiritual direction issues and prepare a brochure or marketing tool for your own use.

Each year you will be invited to prepare prayers and a ritual table. You will also be asked to share information about your denomination or faith tradition in year 1.

Each session will have experiential objectives and some pair, triad or group work.

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

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*)

If you have further questions about LWS, kindly call Sister Lucy Wynkoop at 360-438-2595 or email her at lucywynkoop@gmail.com If you are ready for an application, kindly contact her. This application will be used in the interview.

**Primary Learning Topics for
Listening with the Spirit 2021-2022 Year 1
(Facilitators: Sister Lucy Wynkoop & Dr. Mary Pandiani)
(topics might change depending on the needs of the participants)**

- 10/06/21 1. What is Spiritual Direction; expectations of participants and overview of LWS formation program for Year 1 and 2
10/13/21 2. Faith Sharing/Participant stories of call to be a Spiritual Director
10/20/21 3. Faith Sharing/Participants stories of call to be a Spiritual Director
10/27/21 4. What is the Spirituality of the Spiritual Director/Directee; spirituality overview chart highlighting a few persons in different eras who were spiritual directors/mentors
11/03/21 5. Prayer Overview as it relates to Spiritual Direction
11/10/21 6. Praying with Scripture/Holy Writings as they relate to a spiritual direction session
11/17/21 7. Compassionate, Contemplative Listening in Spiritual Direction

11/24/21 No class (Thanksgiving Nov. 25)

- 12/01/21 8. Relationship to God and Images of God in prayer
12/08/21 9. Enneagram Dynamics in Spiritual Direction

12/15/21 No class

12/22/21 No class

12/29/21 No class

- 01/05/22 10. Discernment about Staying with the Movements of God
01/12/22 11. Discernment about Resistance to the Movements of God
01/19/22 12. Wisdom of the Body and Feelings in the Directee
01/26/22 13. Intimacy, Sexuality, Passion, Love and Prayer of the Directee
02/02/22 14. Communication and using questions with the Directee
02/09/22 15. Creativity in Spiritual Direction
02/16/22 16. Using the Unconscious, Active Imagination and Understanding of Dreams with the Directee
02/23/22 17. Stages of Faith

03/02/22 No class –Ash Wednesday

- 03/09/22 18. What Group Spiritual Direction is
03/16/22 19. Six Streams Viable in Denominations (Richard Foster's Streams of Living Water)
03/23/22 20. How to help the Directee in Transition; how to help the Director find Directees
03/30/22 21. Dealing with Dying, Grief, Loss, Bereavement, and Mental Illness of the Directee
04/06/22 22. Creating Hospitality of the Heart by the Director with the Directee

4/13/22 No class – Holy Week

- 04/20/22 23. Gaining Trust with the Directee through the Director's Presence and attitude of Gratitude and Appreciation
04/27/22 24. Internship Preparation (may send contract form to Mary or Lucy for review)
05/04/22 Individual Interviews about Call to go to Year 2

(If directees live at a distance, we'll meet after some morning)

More dates as needed in case of weather problem or we will use Zoom

**Spiritual Direction Internship for
Listening with the Spirit 2022-2023 Year 2
(Facilitators: Sister Lucy Wynkoop & Dr. Mary Pandiani)
(Subject to revision) (Individual Supervision)**

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| 1. October 5, 2022 | Expectations; starting out as a Spiritual Director; ethical Code (large) | |
| 2. October 12 | How to write a Verbatim (large) | <i>prayer leader</i> |
| 3. October 19 | How to do Supervision with a Verbatim (large) | <i>prayer leader</i> |

No Class--Oct 26 Meet with Spiritual Directees some time that week

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| 4. Nov. 02 | Peer Group Supervision-Verbatim (group) | |
| 5. Nov. 09 | Peer Group Supervision-Verbatim (group) | |
| 6. Nov. 16 | How to write a Contemplative Reflection (large) | <i>prayer leader</i> |

No Class Thanksgiving November 24-- Meet with Spiritual Directees some time that week

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| 7. Dec. 07 | How to do Peer Group & Contemplative Reflection Supervision (large) | <i>prayer leader</i> |
| 8. Dec. 14 | Peer Group Supervision – Contemplative Reflection (group) | |

No Class December 21, 28 Christmas break

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| 9. Jan 04, 2023 | Peer Group Supervision – Contemplative Reflection (group) | |
| 10. Jan. 11 | Dual roles; power Issues (large) | <i>prayer leader</i> |

No Class on Jan. 18, 2023 Meet with Spiritual Directees some time that week

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| 11. Jan. 25 | Peer Group Supervision –Verbatim (group) | |
| 12. Feb. 01 | Peer Group Supervision –Verbatim (group) | |
| 13. Feb. 08 | Spiritual Direction Issues (large) | <i>prayer leader</i> |
| 14. Feb. 15 | Peer Group Supervision Group – Contemplative Reflection (group) | |

No Class--Feb. 22 Ash Wednesday-- Meet with Spiritual Directees some time that week

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| 15. Mar. 01 | Peer Group Supervision Group – Contemplative Reflection (group) | |
| 16. Mar. 08 | Other Contemplative Models (large) | <i>prayer leader</i> |

No Class—Mar 15, 2023 Meet with Spiritual Directees some time that week

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| 17. Mar. 22 | Peer Group Supervision –Verbatim or Contemplative Reflection without sending a written form or use new model (group) | |
| 18. Mar. 29 | Peer Group Supervision –Verbatim or Contemplative Reflection without sending a written form or use new model (group) | |

No class April 5 No class, Holy Week

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| 19. April 12. | Reflection on Internship (large) | <i>prayer leader</i> |
| 20. April 19 | Ethical, Legal, Professionalism (large) | <i>prayer leader</i> |
| 21. April 26 | Business Plan (Compensation, Marketing) (large) | <i>prayer leader</i> |
| 22. May 03 | Spiritual Direction Issues (large) | <i>prayer leader</i> |
| 23. May 10 | Self care; burnout (large) | <i>prayer leader</i> |
| 24. May 17 | Closure; Commissioning Certificate; sending forth (large) | |

7/28/20