#### STMM 573 Spiritual Retreats, Theory, Design and Implementation – 3 credits

Instructors: Carol Scott-Kassner, M.Ed., Ph.D., MATS Pat Lewis, MRE, MAABS

Required Texts:

Vandergrift, Nicki Verploegen (2001), *Planning and Implementing Retreats*, Liguori Press.

Whitcomb, Holly W. (2006), *Practicing Your Path: A Book of Retreats for an Intentional Life*. Philadelphia, PA: Innisfree Press, Inc.

Handouts in book store for purchase

## **Summer Quarter**

## Monday, June 22<sup>nd</sup>, 9:00 to noon

Retreat experience

Meeting each other and overview of course

Reflect on elements of a retreat and on prior retreat experiences

Offering hospitality and inclusion

Sign-up for teams for planning retreats throughout year

Establishment of dates for remainder of school year: classes and retreats

Sign-up for opening prayer/altar, working with elemental symbols in creating altars

**Readings:** Whitcomb, p. 25-38, Vandergrift, read the entire book for next time

# Tuesday, June 23<sup>rd</sup>, 9:00 to noon

Planning retreats

Developing themes, goals, and outcomes

Rhythm and timing in retreats

Selecting images, texts, materials, and music

Small group discussion of key ideas in Vandergrift

Questions and class discussion

# Wednesday, June 24th, 9:00 to noon

Creating a sacred environment

Importance of rituals

Creating altars

Nurturing silence

Exploring ways to deepen

Shalem process

Lectio Divina and Visio Divina process

**Guided Meditation** 

Centering prayer

Walking Meditation

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# Thursday, June 25<sup>th</sup>, 9:00 to noon

Team Building -- in retreat teams

Group dynamics

Creating safety

Large group, small group individual (solitude and solidarity)

Getting feedback from participants

Cohesive dynamics for team planning

Leadership styles

Participant styles: Dunn and Dunn

A more detailed analysis of retreats using Whitcomb

Meet with team to brainstorm first retreat and establish plans for further work together.

**Readings:** Whitcomb: Various chapters

## Friday, June 26<sup>th</sup>, 9:00 to noon

Forms of Embodiment

**Creative Processes:** 

Movement [hand dancing, embodied prayer, stretches,

mirroring, free movement]

Music [singing/chanting, listening, improvising, toning]

Small group work and discussion of rest of course

## Monday, September 21st - 7:00 a.m. to 5:00 p.m. [Off campus]

Day of Reflection for M.Div. at the Palisades in Federal Way and MAPS and MAPC at St Mary's in Bellevue

### Tuesday, September 21st - 7:00 a.m. to 5:00 p.m. [Off campus]

Day of Reflection for MATS at St. Mary's in Bellevue

# Friday, September 25<sup>th</sup> – 5:00 to 9:00, Mc Goldrick Commons

Evening of Reflection for various majors

# Tuesday, October 6<sup>th</sup>- 5:45 to 8:45

Review the retreats just given and give each other feedback

Responding to Participant Styles

Gardner: Multiple Intelligences -

Adapting to Special Needs

# $\underline{\text{Bring all evaluation sheets for first retreat}(s) \text{ and be prepared to give and receive feedback.}}$

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## **Tuesday, November 17<sup>th</sup> – 5:45 to 8:35**

Sensitivity to diversity in planning

Multicultural sensitivity

Inclusive language

Ecumenical sensitivity

Faith Sharing Processes

Images of God

Spiritual Journey

Eliciting Responses to Texts - complete exercise

#### Bring Whitcomb to use in class.

## Friday, January 8th– 5:00 to 9:00 Evening of Reflection, McGoldrick Commons For a variety of majors

Tuesday, January 12th, 5:45: - 8:35

Other embodied forms:

Drama [Bibliodrama and/or role playing, mime, reader's theater]

Poetry [selecting, reading, writing, reflecting on poetry]

Meet with small groups

# **Tuesday, February 16<sup>th</sup>, 5:45-8:35**

Other embodied forms:

Visual arts [engaging in process, use of materials, mandalas, tryptic, masks, etc.] Assignment for final project

Monday, March 15<sup>th</sup>, 7:00 to 5:00

Day of Reflection for MDiv at the Palisades in Federal Way and MAPC and MAPS at St. Mary's in Bellevue

**Tuesday, March 16th – 7:00 to 5:00** 

Day of Reflection for MATS at St. Mary's in Bellevue

Friday, April 9<sup>th</sup> - 5:00 to 9:00

Evening of Reflection for various majors, McGoldrick Commons

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# Tuesday, April 13<sup>th</sup>, 5:45-8:35

Sharing assessment of the winter retreats
Organizing longer retreats and different types of retreats
to meet needs of various ages and genders.
Exploring various themes and how they could be developed.

# <u>Bring all evaluation sheets for first retreat(s) and be prepared to give and receive</u> feedback.

# Tuesday, May 18<sup>th</sup> – 5:45-8:35 (May extend class for dinner together and needed time for presentations.)

Synthesis projects presented in class Reflection on personal leadership style Evaluate class

### **Course Objectives**

- 1. To understand and apply practices of effective retreat planning and leading.
- 2. To work collaboratively as well as independently to plan and implement retreats.
- 3. To reflect prayerfully on the elements and practices which assist the spiritual lives of others and to recognize what elements and practices are not as conducive.
- 4. To develop and reflect on one's personal style of spiritual leadership.

#### **Course Requirements**

- 1. Attendance and active participation in all classes.
- 2. Collaborate with others to plan and lead two day-long and one evening of reflection for STM students.
- 3. Establish a personal goal for growth for each of the day-long retreats. Reflect on how well you accomplished that goal.
- 4. Complete and discuss assigned readings.
- 5. Create an altar and lead a prayer for one class.

- 6. Plan a retreat specific to a setting in which you work or hope to work, incorporating elements of effective retreat planning from throughout the year. Present a fifteen minute summary, including the schedule and one illustrative activity that helps to realize the theme. (Year end project.)
- 7. Reflect on your personal leadership style and the ways it manifested itself throughout this course. Discuss the strengths and the limitations of your style in terms of retreat leadership and collaborative work.