STMM 571 Introduction to the Art of Spiritual Direction
Syllabus

Course Information

Course Number: STMM 571
Instructor: Valerie Lesniak, Ph.D.
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"Oh heart,
sit with someone who
knows the heart;
Go under the tree
which has fresh
blossoms." *-Rumi*

Prerequisites:
STMM 561 Spirituality and Prayer
STMM 553 Pastoral Care Skills

Time and Place

Day:	Monday
Time:	9:00-11:50 a.m.
Place:	Hunthausen
First Day of Class:	September 29, 2008
No Class:	November 17, 2008 Veteran's Day
Last day of Class:	December 1, 2008

Auditors: Auditors must meet all requirements for this course: required reading, papers, class discussions, and exercises.

Course Description

This course is designed primarily for those who are interested in becoming spiritual directors. Those who would like to have a deeper understanding of spiritual direction may also register for this course. The course introduces participants to the art of spiritual direction and assists them in developing practical skills for this ministry. Participants will consider various approaches to spiritual direction, the nature and purpose of spiritual direction, its historical roots, and some dynamics of the process of direction. Participants will also have the opportunity to discern their own call to the ministry of spiritual direction.

Objectives

- To become familiar with roots, traditions, and various models of spiritual direction

- To ponder what may constitute signs or glimpses of God in the life of self and others
- To reflect upon the nature and purpose of spiritual direction and how it is defined today
- To explore and engage the dynamics of the process of spiritual direction
- To consider theological and anthropological assumptions underlying spiritual direction
- To reflect upon the roles of prayer and desire in the spiritual direction conversation
- To become responsive listeners and engage in the practice of spiritual direction
- To consider obstacles to life in the Spirit and various forms of desolation

STM Competencies

This course in the introduction to spiritual direction is a required course for students pursuing the MATS degree in the spiritual direction track. It also serves as an elective for those interested in gaining a significant understanding of the process and dynamics of spiritual direction or who are discerning a call to this ministry. This course is designed to assist students in helping to meet the following STM theological and ministerial competencies:

I. Theological Competencies

A. Scripture
1. Ability to articulate the ways in which Scriptures illuminate one's personal and social experience and that of others.

Theology
1. Understanding of the interaction of spiritual experience and culture in their ecumenical, interfaith and multicultural dimensions.
2. Knowledge of the history and methods of Christian spirituality.

II. Pastoral and Ministerial Skills Competencies

A. Understanding of self as human, minister, leader
1. Ability to name one's own style of interaction and leadership.
2. Ability to name one's ministerial gifts, limitations, and opportunities for growth.
3. Ability to identify one's own cultural and co-cultural perspectives.

B. Understanding of the other and the dynamics of interaction with another.
1. Ability to listen for understanding, respond with empathy, and invite toward growth.
2. Ability to be an effective participant in different kinds of groups, maintaining one's personal authority and collaborating openly in the group process.

C. Understanding of Ministerial Identity
1. Ability to articulate and perform out of a ministerial identity.
2. Ability to integrate theological reflection with practical/pastoral experience.
3. Ability to set appropriate boundaries for personal and communal growth.
4. Capacity for intimacy with others balanced with understanding of and capacity to set appropriate boundaries.

III. Spiritual Growth and Development Competencies

A. Awareness, development and expression of one's personal spirituality.
1. Ability to reflect leading to self-awareness and self-knowledge.
2. Ability to articulate one's relationship with God, self, others, and creation.

IV Context and Content
1. Knowledge of the plurality of contemporary Christian traditions.
2. Knowledge of the piety and spirituality of core faith traditions.

B. The ability to lead out of a spiritual grounding toward justice.
1. Knowledge that sustained action flows from a spirituality based in justice.

Appointments

Please call or email for a specific appointment time. The office phone number is 206-296-6936. I can also be reached by email: vlesniak@seattleu.edu.

Special Needs

If you have or think you may have a disability (including an "invisible disability" such as a learning disability, a chronic health problem, or a mental health condition) that interferes with your performance as a student in this class, you are encouraged to discuss your needs and arrange support services and/or accommodations through Disabilities Services staff in the Learning Center, Loyola 100, 206-296-5740.

Class Procedures

Class procedures will vary for each three hour class period and depend upon the nature of the material to be discussed during each. In general, classes will contain lecture, discussion, contemplative listening group exercises, and spiritual direction praxis.

Course Requirements

1) Class attendance
2) Participation in small group exercises, dyads, and triads

3) Journal writing that reflects upon noticings of the signs or glimpses of the life of God in self and others as well as your growing understanding of the ministry of spiritual direction (see further description below)
4) Three 5-6 page reflection papers (see description and dates due below)
5) Interview (for those who desire to go on in the spiritual direction track of the MATS) During **Weeks of November 17 and 24.**
6) Critical and engaged reading of texts and articles (see readings listed below)

Journal

You are asked to keep a journal throughout the quarter. You are the only person who will read this journal. At the same time, your journal entries will be the basis for your final paper for the course. In this journal, make two types of entries. 1) After each class, write what you noticed about the signs or glimpses of the life of God as you heard the discussion and stories of other students in class. 2) As you do your reading for this class, jot down what you believe is important in shaping your own understanding of spiritual direction.

Papers

Paper I: Experience of God in Arenas of Life

This paper is primarily a personal reflection paper. It is intended to foster a broad understanding of the variety of arenas in life where we and our directees might experience God.
Reflect upon moments when you have experienced meeting God intrapersonally, interpersonally, in and through systems or structures, in and through the environment, in and through culture. Describe how you have met God in each of these arenas. If you notice you have no experience of meeting God in one or more of these arenas, discuss what might be preventing such an encounter. You might also speak about your experience as a directee and how your current direction relationship has or has not been of assistance in expanding your horizons of the presence of God in your life. 5-6 pages.

Due: October 13, 2008

Paper II: Assumptions and Images of God and the Human Being

This paper is a synthesis paper. It is intended to invite you to reflect more deeply on the underlying assumptions you bring to spiritual direction about God and the human being. Describe some of the assumptions and images you have of God and the human being. Compare and contrast these assumptions with those of Johnson, Hart, Rahner, or any of our other readings. 5-6 pages.

Due: November 3, 2008

Paper III: Call to and Understanding of the Ministry of Spiritual Direction

This paper represents part of an ongoing discernment process about your call and readiness for the ministry of spiritual direction and/or your understanding of this ministry. Reflect upon the journal you have been keeping during the quarter. 1) Describe what you have heard as you have listened to others in the class. In particular, where did you notice signs of the life of God? 2) Explain your current understanding of the ministry of spiritual direction? 3) Write about your sense of your call to the ministry of spiritual direction? What is the basis for your discernment? 5-6 pages. For those who intend to proceed in the spiritual direction track of the MATS degree, this paper will provide the basis of a final interview with the instructor during the week of June 2nd.

Due: November 24, 2008

Guidelines for Papers

Papers are to be typed, double-spaced, on one side of regulation size white paper. Please be exact about sentence structure, diction, spelling, grammar, and so forth. If you have trouble in this area, please ask someone to proof read the paper and then correct it before submitting.

When referring to course readings in papers, use the citation format of *The Chicago Manual of Style,* latest edition, or *The Publication Manual of the American Psychological Association*. (*The Chicago Manual of Style is preferred).* If you use the footnote format of *The Chicago Manual of Style*, you do not need to add a bibliography. If you use the scientific notation of *The Publication Manual of the APA*, you need to include a bibliography at the end of the paper. A copy of either manual may be purchased in the SU bookstore.

Each paper may range from 5-6 pages in length with a font size of 12. Your promptness in submitting papers is not only appreciated but vital for the on-going development of the class. If papers are late, I will grade them but will be unlikely to offer feedback. *Please speak with me if you need time adjustments for serious reason.*

Criteria for Grading Papers

Each paper is different in nature and has different criteria for grading.

- Paper I is a personal reflection paper and ought to reflect one's authentic experience or lack of experience of God in each arena of life. It should demonstrate an understanding of the breadth of the possibilities for the human experience of God.
- Paper II is a synthesis paper. It should demonstrate careful reading and attention to the "assumptions about and images of God and human beings" found in course readings and class reflections. It should reflect one's own

thoughtful reflection upon one's own assumptions about and images of God and human beings and offer a comparison or contrast to those illuminated by the course materials.

- Paper III is an integration paper. It asks you to respond to three questions. The response to the first ought to reflect one's authentic experience of the signs of God's life or presence experienced throughout the quarter through oneself and in relation to others. The response to the second should demonstrate a clear understanding of spiritual direction and one's careful and thoughtful attention to the course materials and conversations. The response to the third question needs to reflect where one is in terms of a call to the ministry of spiritual direction. It may be that you came into the course with only the desire to learn something about spiritual direction. This may continue to be the case or it may be that something else has been sparked in you during the course itself. It may be that you have had some sense of call to the ministry of spiritual direction and that this call has been confirmed or challenged by your experiences of self and others in the course. This section of the paper needs to reflect your sense of what you have discovered about yourself in relation to the ministry of spiritual direction and how you have come to this discovery. All three papers should reflect clarity of thought and appropriate writing skills for graduate level work.

Course Grade

50 % for class participation and demonstrated skills in small group work, the other 50% divided equally (about 17%) for each one of the 3 papers.

Tentative Schedule of Classes and Assigned Reading
(Additional articles may be given out at the discretion of the instructor to meet the needs of the class.**)**

September 29 ***Responsive Listening***

Introductory Matters – Syllabus, etc.
Active Listening
Contemplative Listening
Responsive Listening
Praxis in Responsive Listening

October 6 ***Glimpses and Signs of the Life of the Spirit***

What Is Experience?
Experience of God in the World Today: A Rahnerian Perspective

Arenas of Human Experience: Elizabeth Liebert
Experience of God: Biblical Perspectives on Life of the Spirit
Small Group Praxis – Responsive Listening

Required Reading Articles

Burghardt, Walter, "Contemplation: A Long Loving Look at the Real." Reader 13-18.
Burton-Christie, Douglas, "Learning to See: Epiphany in the Ordinary." Reader 19-24.
Edwards, Tilden, "Immediate Givenness to God in the Spiritual Direction Relationship." Reader 25-32.
Hart, Thomas, "Establishing an Orientation." Reader 67-72.

Required Reading Books:

Liebert, Elizabeth. "Supervision as Widening the Horizons." In *Supervision of Spiritual Directors*, 125-45.

October 13 ***Theological and Anthropological Assumptions***

Assumptions about God and Human Beings:
Karl Rahner
Elizabeth Ann Johnson
Thomas Hart
Small Group Praxis – Responsive Listening

Required Reading Articles

Hart, Thomas, "Toward a Healthy Spirituality: Ten Guiding Principles." Reader 73-82.
Johnson, Elizabeth Ann, "Classical Theology." Reader 91-100.

Required Reading Books:

Bowen, Maria Tattu, "Dimensions of the Human Person in Relationship and the Practice of Supervision," in *Supervision of Spiritual Directors: Engaging in Holy Mystery*, 65-81.

Rahner, Karl, "God of My Life," "God of My Lord Jesus Christ," "God of My Prayer." in *Encounters with Silence*, 3-25.

FIRST PAPER DUE

October 20 ***What Is Spiritual Direction?***

Relationship: Hospitality, Compassionate Loving, Respect
Diversity
Mystery of Encounter
Small Group Praxis – Responsive Listening

Required Reading Articles:

Fischer, Kathleen, "Spiritual Direction for Women." Reader 33-42.

Hart, Thomas, "Pastoral Counseling or Spiritual Direction: What's the Difference?" Reader, 83-90.

Required Reading Books:

Bidwell, Duane R. *Short Term Spiritual Guidance*. Creative Pastoral Care and Series. Minneapolis: Fortress Press, 2004, 1-51, 69-83.

October 27 ***The Process of Spiritual Direction***

Preparation
Initial Sessions
Dialogical Process
Ethical Issues
Small Group Praxis – Spiritual Direction

Required Reading Articles:
Guenther, Margaret, "Seasons in Spiritual Direction." Reader 57-66.

Required Reading Books:

Silver, Anne Winchell. *Trustworthy Connections: Interpersonal Issues in Spiritual Direction*, 1-79, 111-143.

November 3 ***Historical Perspectives on Practice of Spiritual Direction***

Biblical Foundations/Eastern Beginnings
Models of Direction
African-American Beginnings

Small Group Praxis – Spiritual Direction

Required Reading Articles:

Ruffing, Janet, "Typological History of Spiritual Direction." Reader 153-168.

Required Reading Books:

Allen, Joseph, *Inner Way*, Preface, Foreword, Chapters 1 and 2, ix-57.

Kellemen, Robert W. and Karole A. Edwards. *Beyond the Suffering*, chapters 1-4, pages 13-98.

SECOND PAPER DUE

November 10 ***Prayer and The Hopeful Imagination***

Imagination as Source of Transformation/Hopeful Imagination
Exercise: The Place God Comes to Meet Us
Small Group Praxis – Spiritual Direction

Required Reading Articles:

Gill, Jean, "Distractions in Prayer: Stumbling Blocks or Stepping Stones?" Reader 43-56.

Required Reading Books:

Kellemen, Robert W. and Karole A. Edwards. *Beyond the Suffering*, chapters 5-7pages 99-170.

(N.B. November 17th NO CLASS-Veteran's Day)

November 24 ***Desire***

Prayer in the Spiritual Direction Relationship
Befriending Our Desires
Desire as a Source of Transformation
Small Group Praxis – Spiritual Direction

Required Reading Articles:

Lane, Beldon, "Spirituality as the Performance of Desire: Calvin on the World as a Theatre of God's Glory." Reader 117-146.

Required Reading Books:

Sheldrake, Philip. *Befriending Our Desires*. 2 Rev. Ed. London: Darton, Longman & Todd, Ltd., 2002, 1-100.

THIRD PAPER DUE

December 1: Obstacles to Life in the Spirit/Obstacles to Effective Direction/Purpose of Spiritual Direction

Desolation
Invitation of God/Challenge
Obstacles to Effective Direction: Significance of Culture

Required Reading Articles:

Aufauvre, Brigitte-Violaine, "Depression and Spiritual Desolation." Reader 1-6.

Required Reading Books:

Kisly, Loraine, *The Inner Journey: Views from the Christian Tradition*, essays from Chapters 1, 2, and 3, 5 and 6:

Christopher Bamford, "The Gift of the Call," 2-11.
Bede Griffiths, "Winding the Golden String," 14-19.
Thomas Keating, "Awakening to the Present,"46-53.
David Steindl-Rast, "Become What You are," 66-79.
Kallistos Ware, "Image and Likeness," 148-161.
Irma Zaleski, "The Door to Joy," 162-168.
Thomas Hopko, Living in Communion," 179-192.
Robert Coles, "The Call of Service," 193-197.
David Steindl-Rast, "Learning to Die," 236-249.

Closing and Evaluation

Required Reading
Reader

Aufauvre, Brigitte-Violaine. "Depression and Spiritual Desolation." *The Way*, vol. 42:3 (2003),47-56.

Bumpus, Mary Rose. Compiler. "Select Bibliography on Spiritual Direction and RelatedTopics."

Burton-Christie, Douglas. "Learning to See: Epiphany in the Ordinary." *Weavings*, vol. XI:6 (November/December 1996), 6-16.

Burghardt, Walter. "Contemplation: A Long Loving Look at the Real." *Church* (Winter1989), 14-18.

Edwards, Tilden. "Immediate Givenness to God in the Spiritual Direction Relationship." *Presence: An International Journal of Spiritual Direction*, vol. 1:2 (May 1995), 5-12.

Fischer, Kathleen. "Spiritual Direction for Women." In *Handbook of Spirituality For Ministers*. Edited by Robert Wicks. New York/Mahwah, NJ: Paulist Press,1995, 96-114.

Gill, Jean. "Distractions in Prayer: Stumbling Blocks or Stepping Stones*?"* *Presence: An International Journal of Spiritual Direction*, vol. 3:1 (January 1997), 6-18.

Guenther, Margaret. "Seasons in Spiritual Direction." In *Handbook of Spirituality For Ministry*, vol. 2. Edited by Robert J. Wicks. Mahwah, NJ: Paulist Press, 2000, 299-314.

Hart, Thomas. "Establishing an Orientation." Chapter 2 in *The Art of Christian Listening*. New York/Ramsey: Paulist Press, 1980, 16-25.

_____. "Toward a Healthy Spirituality: Ten Guiding Principles." Chapter 3 in *Hidden Spring*. New York: Paulist Press, 1999, 37-55.

_____. "Pastoral Counseling or Spiritual Direction: What's the Difference?" *Presence: An International Journal of Spiritual Direction*, vol. 11:2 (June 2005), 7-13.

Johnson, Elizabeth Ann. "Classical Theology." Ch. 6 in *SHE WHO IS: The Mystery of God in Feminist Theological Discourse*. New York: Crossroad, 1992, 104-20.

Keegan, James M. "To Bring All Things Together: Spiritual Direction as Action for Justice." *Presence: An International Journal of Spiritual Direction*, vol. 1, no. 1 (January 1995),10-19.

Lane, Beldon. "Spirituality as the Performance of Desire: Calvin on the World as a Theatre of God's Glory." *Spiritus*, vol. 1, no. 1 (Spring 2001), 1-30.

Rakoczy, Susan. "Truly the Same, Radically Different: Reflections on Spiritual Direction in 'Mother Africa.'" *Presence: An International Journal of Spiritual Direction* Vol. 9:2 (June 2003), 39-43.

Ruffing, Janet. "Typological History of Spiritual Direction." Introduction in *Uncovering Stories of Faith*. New York/ Mahwah, NJ: Paulist Press, 1989, 1-20, 146-155.

Books

Allen, Joseph J. *Inner Way: Toward a Rebirth of Eastern Christian Spiritual Direction*. Brookline, MA: Holy Cross Orthodox Press, 2000, 1-57.
ISBN: 1-885652-34-8

Bidwell, Duane R. *Short Term Spiritual Guidance*. Creative Pastoral Care and Series. Minneapolis: Fortress Press, 2004, 1-51, 69-83.
ISBN 0-8006-3658-9

Bumpus, Mary Rose and Rebecca Langer, editors. *Supervision of Spiritual Directors: Engaging in Holy Mystery*. A Spiritual Directors International Book. Harrisburg/London: Morehouse Publishing, 2006, 65-81, 125-145.
ISBN: 0-8192-1994-0

Kellemen, Robert W. and Karole A. Edwards. *Beyond the Suffering: Embracing the Legacy of African American Soul Care and Spiritual Direction*. Grand Rapids, MI: Baker Books, 2007, 13-170.
ISBN 0801068061

Kisly, Lorraine, ed. *The Inner Journey: Views from the Christian Tradition*. Parabola Anthology Series. Sandpoint, IN: Morning Light Press, 2006:

Christopher Bamford, "The Gift of the Call," 2-11.
Bede Griffiths, "Winding the Golden String," 14-19.
Thomas Keating, "Awakening to the Present,"46-53.

David Steindl-Rast, “Become What You are,” 66-79.
Kallistos Ware, “Image and Likeness,” 148-161.
Irma Zaleski, “The Door to Joy,” 162-168.
Thomas Hopko, Living in Communion,” 179-192.
Robert Coles, “The Call of Service,” 193-197.
David Steindl-Rast, “Learning to Die,” 236-249.

ISBN 978-1-59675-008-1

Phillips, Susan. *Candlelight: Illuminating the Art of Spiritual Direction*. Harrisburg, PA: Morehouse Publishing, 2008.
ISBN 978-0-8192-2297-8

Rahner, Karl. *Encounters with Silence*. 2nd Rev. Ed. Trans. James M. Demske. South Bend, Indiana: St. Augustine’s Press, 1999, 3-25.
ISBN 978-1890318222

Sheldrake, Philip. *Befriending Our Desires*. 2 Rev. Ed. London: Darton, Longman & Todd, Ltd., 2002, 1-100.
ISBN 978-0232524468

Silver, Anne Winchell. *Trustworthy Connections: Interpersonal Issues in Spiritual Direction*. Cambridge, MA: Cowley Publications, 2003, 1-79, 111-143.
ISBN: 1-56101-252-1