

C. John Weberg Center for Spiritual Direction  
North Park Theological Seminary  
Chicago, IL

Spiritual Directing: Listening to the Movement of God with Another  
SPFM 7503-Three Credits  
Course #3 of the Certificate in Spiritual Direction

**COURSE SYLLABUS**

**Contact Persons:**

Rob Peterson, Center Director [rpeterson@northpark.edu](mailto:rpeterson@northpark.edu) 773.244.5216

Luke Palmerlee, Center Administrator [lrpalmerlee@northpark.edu](mailto:lrpalmerlee@northpark.edu) 773.244.5240

**Course Description**

The middle year will focus on skill development as a spiritual director. In the classroom, program participants will give and receive direction from each other, developing skills through practice and evaluation by supervisors. Participants will broaden their skills in the practice of peer supervision and self-supervision. The course begins with a required retreat day.

**Course Objectives**

1. Gain experience in giving and receiving spiritual direction through 8 practice sessions.
2. Develop further understanding of topics relevant in the field such as ethical conduct, supervision and confidentiality.
3. Reflect on one's growing ability to listen deeply with others for the movement of God in their lives through self-supervision and supervisor's assessments.

**Required Texts**

William A. Barry & William J. Connolly, The Practice of Spiritual Direction, Harper Collins Publisher, NY, 1986.

Sherry Bryant-Johnson et al., Embodied Spirits: Stories of Spiritual Directors of Color, Morehouse Publishing, NY, 2014.

Gerald G. May, M.D. Addiction and Grace: Love and Spirituality in the Healing of Addictions, Harper San Francisco 1988.

## Course Requirements

1. Complete the required reading **before** the intensive begins. Please complete the Canvas form- Required Reading Report.
2. Be present and engaged in every session of the week beginning with the retreat on Monday, July 19, through the closing prayer and blessing at 6:00pm on Saturday, July 24.
3. It is expected that all directors in training are meeting monthly with a trained spiritual director a minimum of two times during this course. SPFM 7503 course takes place over three months-June 2021 to August 2021.
4. The morning of the retreat (Monday at Saint Mary of the Lake) will be a time for personal sharing of your work in SPFM 7502 and your life journey since last summer. Please bring a written reflection to read on *Furthering the Call as Spiritual Directors* (about 5 minutes - 650 words max.). As you put your thoughts together keep in mind that you are sharing with your peers, you are sharing from your heart, you are sharing what God has done in life over the last months and you are sharing how your call to be a director is emerging. You may write a poem, read from your journal, bring a meaningful piece of art or music to share with the group as we re-connect and begin our retreat and week together
5. Prepare and lead a 10–12-minute prayer time for the entire class based on your work from Practicum I on a topic of Christian Spirituality. In pairs or individually you will lead the class during one of the scheduled prayer times in the week. **DO NOT TEACH** us about your topic. (For example: the topic of the Enneagram can be used as a prayer practice with its three Centers. Lead us in prayer using the gut, heart and head.) This is to be experiential, prayerful and **brief**. There are 9 prayer times during our course together. See Canvas for more details and the schedule.
6. Be prepared for a book discussion with peers on the Barry/Connelly book. Engage and interact personally in your written responses (2 pages, 12 point type) to the following questions:
  - a. How did this book expand your vision of spiritual direction? Be specific.
  - b. What tools did you learn to help a person notice/recognize the Lord? How will these tools help you as a spiritual director?
  - c. “Effective spiritual directors are discovered by the Christian community; they do not put themselves forward without first having others seek their help.” What has been your experience of being discovered and sought out by the Christian community? List the qualities the authors suggest for an effective spiritual director. How do these challenge your life?
  - d. What are some key components for a healthy relationship with a directee? What might cause problems or lead to an unhealthy relationship? Chapter 9.
  - e. What image captures the essence of the book for you?

f. **Submit your reflections on Canvas to Janice Kelly before July 18.** You will need access to your paper for the book discussion.

7. Write a 5-6 page *integrative reflection paper* (double spaced, 12 point type) on the experiences and learning from the intensive. A reflection paper is **not** a summary of your week. Rather it is a way to integrate your learning in a very personal way. By design reflection papers are not research papers. The expectation is that lectures, textbooks, class notes, prayer practices, journal entries, triads, supervisor's notes, self-supervision and peer supervision will be meaningfully engaged and reflected upon. What do you recognize as the Movement of God with Another (course title) as you begin to sit with directees? How has all this impacted your sense of God's call to this ministry? Notice that you are writing WITH God. What do you hear, sense, or feel from the Lord? Weave your story into the material. Feel free to use the pronoun "I". Pray to hear God as you ponder all you have experienced through this class.

**Due by August 6 at 5 pm CST.** Save your paper as a Word Document please. Save as: lastnamefirstname7503-reflectionpaper. (for example: petersonrob7503-reflection paper). Upload to Canvas.

### **Grading**

Grading is Pass/Fail and is based on participation and completing all course requirements. In order to pass students must complete assignments within the allotted time frame unless they have received prior approval for an extension from the professor. Additionally, if you do not complete this course, you may not continue into the on-line Practicum-SPFM 7504. If you encounter any challenges in completing assignments, please reach out to Rob Peterson as soon as possible.

### **Course Schedule for the week of Monday, July 19 to Saturday, July 24, 2021.**

**MONDAY**      **ALL DAY RETREAT** at St. Mary of the Lake, Mundelein, IL  
8:00 Carpool to retreat.  
9:00 Arrival and Announcements  
9:15 Celebration and Worship:  
    Furthering the Call as Spiritual Directors  
    *See Course Requirements #4 above*  
12 noon Lunch Together-In Silence  
1:00 Silent Retreat Begins  
    A detailed schedule will be provided for the retreat, which will include time for solitude, individual spiritual direction, group prayers, and multiple options for rest and relaxation.  
5:30 Dinner Together - In Silence  
6:30 Evening prayer  
8:00 Van/cars leave to return to Campus/Hotel/Home

**TUESDAY - Classroom N25- NPTS**

8:45 *Morning Prayer*  
9:00 Welcome to the North Park Seminary Community  
9:15 Biblical and Cultural Models of Spiritual Conversations:  
**Dr. Darrell Griffin**

12:00 Lunch Break  
1:30 Spiritual Direction Practice #1  
4:30 Self-Supervision  
4:45 *Evening Prayer*  
5:00 Dinner Break  
  
6:30 Ethical Conduct in Spiritual Direction: **Lucy Abbott Tucker**

### WEDNESDAY

8:45 *Morning Prayer*  
9:00 Spiritual Direction Practice #2  
11:45 Self Supervision

12:00 Lunch Break  
  
1:30 Spiritual Direction Practice #3  
4:30 Self Supervision  
4:45 *Evening prayer*

### FREE EVENING

### THURSDAY

8:45 *Morning Prayer*  
9:00 Spiritual Direction Practice #4  
11:45 Self Supervision  
12:00 Lunch Break

1:30 Spiritual Direction Practice #5  
4:30 Self Supervision  
4:45 *Evening Prayer*  
5:00 Dinner Break

6:30 Book Discussion: Barry and Connelly: **Janice Kelly**  
*See Course Requirement #6* (please be able to have access to your paper)

### FRIDAY

8:45 *Morning Prayer*

9:00 Spiritual Direction Practice #6  
11:45 Self Supervision  
12:00 Lunch Break

1:30 Spiritual Direction Practice #7  
4:30 Self Supervision  
4:45 *Evening Prayer*  
Dinner Break

6:30 Dynamics of Addiction and Recovery: **Dennis Anderson, Ken Lund and Beth Miller**

## SATURDAY

8:45 *Morning Prayer*  
9:00 Final Spiritual Direction Practice #8  
11:30 Self Supervision  
11:45 Supervision Review of Week  
12:00 WORKING LUNCH (meal provided)  
1. Writing your integrative reflection paper: **Rob Peterson**  
*Course Requirement #7*  
2. Introduction to Practicum 2-#7504: **Tim Harben**

2:00 Break to write your Narrative Reflection (300 words)

Reflect upon your week of spiritual direction practice. Focus on yourself as you directed others. Prepare to share a story of a time when you experienced a graced moment. Perhaps you received a word to use or an image to offer. Maybe you sensed a deep inner peace, a nudge, a knowing. Was there a time when you experienced the Presence of God sitting with you in the director's chair? Remember this is your personal story and not that of the directee.

2:30 Peer Supervision-**Rob Peterson**  
4:30 Progress in training as a spiritual director-group sharing.  
5:15 Closing Prayer and Blessing  
6:00 ENDING

**Title IX:** Students who believe they have been harassed, discriminated against, or involved in sexual violence should contact the Seminary Dean of Students and Community Life ((773) 244-6222) or Dean of Students (773-244-5565) or Director of Human Resources (773-244-5599) for information about campus resources and support services, including confidential counseling services.

As a member of the North Park faculty, we are concerned about the well-being and development of our students and are available to discuss any concerns. Faculty are legally obligated to share information with the University's Title IX coordinator in certain situations help ensure that the student's safety and welfare is being addressed, consistent with the requirements of the law. These disclosures include but are not limited to reports of sexual assault, relational/domestic violence, and stalking.

Please refer to North Park's Safe Community site for contact information and further details. <http://www.northpark.edu/Campus-Life-and-Services/Safe-Community>

### **Disabilities Accommodations**

Students with disabilities who believe that they may need accommodations in this class are encouraged to contact the program's office (773-244-5619). Please do so as soon as possible to better ensure that such accommodations are implemented in a timely manner. Please review the following website: <http://www.northpark.edu/ada>

### **Academic Honesty**

In keeping with our Christian heritage and commitment, North Park is committed to the highest possible ethical and moral standards. Just as we will constantly strive to live up to these high standards, we expect our students to do the same. To that end, cheating of any sort will not be tolerated. Students who are discovered cheating are subject to discipline up to and including failure of a course and expulsion. Our definition of cheating includes but is not limited to:

1. Plagiarism – the use of another's work as one's own without giving credit to the individual. This includes using materials from the internet.
2. Copying another's answers on an examination.
3. Deliberately allowing another to copy one's answers or work.
4. Signing an attendance roster for another who is not present.

For further information on this subject, you may refer to the Academic Dishonesty section of the University's online catalog.

## Course Resource People

Program Director - Rob Peterson  
Program Assistant: Janice Kelly-Cohort 1  
Program Intern: Melanie Myatt- Cohort 14

### Guest Lecturers:

Lucy Abbott-Tucker  
Dr. Darrell Griffin  
Dennis Anderson  
Ken Lund  
Beth Miller

### Spiritual Direction Supervisors:

Lucy Abbott Tucker  
Dennis Anderson  
Sue Braun  
Jeanie Hoover  
Janice Kelly  
Ellen Kogstad  
Ken Lund  
Eva Sullivan-Knoff  
Bob Tenglin  
Diane Shiflett

### Further Reading Options:

The Twelve Steps for Christians, (revised edition) Friends in Recovery, RPI Publishing Inc. 1994.

David G. Benner, Sacred Companions: The Gift of Spiritual Friendship and Direction, IVP Books, Downers Grove, IL 2002.

Patricia Hendricks, Hungry Souls, Holy Companions: Mentoring a New Generation of Christians, Morehouse Publishing, NY 2006.

Eugene Peterson, Eat This Book: A Conversation in the Art of Spiritual Reading, Eerdmans, MI 2006.

Richard Rohr, Breathing Underwater: Spirituality and the Twelve Steps, St. Anthony Messenger Press, Cincinnati, OH 2011.

Janet K. Ruffing, R.S.M. Spiritual Direction: Beyond the Beginnings, Paulist Press, NY 2000.