



Weborg Center for Spiritual Direction  
North Park Theological Seminary  
Chicago, IL  
July 21 – 27, 2025

**Spiritual Direction: “Listening to the Movement of God  
in the Church and the World”  
SPFM 7505-Three Credits  
Course #5 of the Certificate in Spiritual Direction**

**Contact Person:**

Ellen Kogstad:

**Course Description**

The final course in the certificate in spiritual direction equips participants to embrace the call to the ministry of spiritual direction. A combination of self-evaluation and Center staff evaluation will be components in the final discernment process of engaging the church and the world as a trained spiritual director. Participants will also receive instruction and practice in Group Spiritual Direction. The course will begin with a silent retreat and end with a consecration service and the awarding of certificates.

**Course Objectives**

1. Gain basic competence in the field of group spiritual direction.
2. Receive further training in topics relevant to spiritual directors: setting up a ministry practice, prayer practices, dream work, and trauma informed spiritual direction.
3. Develop-a plan for one’s continued formation as a spiritual director that includes a “Spiritual Director’s Rule of Life” (See bottom of Document).
4. Deepen skills as a spiritual director with two additional triad practice sessions.

**Required Texts**

Fryling, Alice. *Seeking God Together: An Introduction to Group Spiritual Direction*. IVP Books, 2009. ISBN 9780830835249

Hardy, Cathy AJ. *Walk with Me: Transformation through the Pathway of Spiritual Direction*. Friesen Press, 2020. ISBN 9781525584015

Lee, Cindy S. *Our Unforming: De-Westernizing Spiritual Formation*. Fortress Press, 2022. ISBN 9781506484785

Riemersma, Jenna. *Altogether You: Experiencing Personal and Spiritual Transformation with Internal Family Systems Therapy*. Pivotal Press, 2020. ISBN 9781734958409

**Recommended Texts**

Blythe, Teresa A. *50 Ways to Pray: Practices from Many Traditions and Times*. Abingdon Press, Nashville, 2006. This book contains numerous prayer practices and prompts.

Calhoun, Adele Ahlberg. *Spiritual Discipline Handbook: Practices that Transform Us* (Revised and Expanded Edition). IVP Books, 2015. This is another resource-rich book for spiritual directors.

Sahyouni, X. Nader. *Anxiety Transformed: Prayer That Brings Enduring Change*. Crossing Place Media, 2022. Nader's workshop during your week in Chicago is based on his counseling, direction practice, and book.

Riley, Cole, Arthur. *Black Liturgies: Prayers, Poems, and Meditations for Staying Human*. Convergent Books, 2024. This book features beautiful prayers and poems that can be utilized for guidance.

### **Course Requirements**

1. Please be present and engaged in all sessions and course material beginning Monday, July 21, to Sunday, July 27. The detailed schedule is below.
2. Complete the required readings before arriving on campus. Fill out the completion form on Canvas by July 22. The books you will read are essential for your learning and will provide a solid foundation to guide you in the practice of direction. Be prepared for a discussion of all the books on Thursday, July 24, at 7 pm. The recommended list includes titles connected to the art and practice of direction, but you may choose to read them at a later time.
3. Please bring written notes on two dreams you've had, along with your reflections. These will be used in the Dream Workshop with Melanie Myatt. Melanie will invite individuals to share elements from their dreams, but only if they feel comfortable doing so.
4. Prepare a 2-page (double-spaced, approximately 500 words) testimony on the topic: "My Personal Journey as a Spiritual Director." You will read this paper to your cohort on Saturday morning. Consider this testimony as a final reflection and summary of your experiences and learning over the past two years. Speak from your heart and provide insight into how you have been touched by God and by each other. Identify your personal strengths and gifts as a spiritual director, and graciously acknowledge your areas for growth or weaknesses as well. As always, feel free to exercise your creativity as much or as little as you wish when shaping your presentation. A couple of samples are available on Canvas to assist with your writing. This assignment can be written during the week of the intensive, but I recommend having the basic structure and content completed before your arrival. You can modify your writing based on your experiences during the intensive.

**Please upload your paper to Canvas before class time on Saturday.**

5. For your personal reflection and cohort sharing on Saturday morning and afternoon, prepare **two** items (In addition to requirement #4):

- A. Spiritual Director Rule of Life (form at the end of syllabus). The intent of this exercise is to help you articulate how you will continue to grow as a spiritual director, how you will pay attention to your soul as a director, and how you will oversee your ministry. Consider a spiritual direction rule of life as a parallel to your personal rule of life. Both are important and create the conditions in which your life and ministry of direction can flourish. This exercise is also designed to help you embrace your call to direction by putting your thoughts on paper. By using this form, you are attempting to answer the question: As a spiritual director, what do you feel invited to do daily, weekly, monthly, quarterly, and yearly to nurture health and steward your direction practice effectively? It would be beneficial for everyone to engage with this assignment over the coming months. Reflect on what your ministry of direction might look like. It is advisable to have this assignment mostly complete before your arrival, as you will be sharing your "Rule" with one another.
- B. Bring your supervisor's evaluation and your personal evaluation from 7504. You will use these two documents to help you reflect on what God has been doing in your life as a director in training. You don't need paper copies with you, but you'll need to be able to view them on your device and share highlights from them with each other on Saturday.

## **Grading**

Grading is Pass/Fail. All components of the course must be completed satisfactorily in order to earn a "Pass" and receive your Certificate at the consecration service.

## **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 SCHEDULE: July 21 to July 27, 2025**

#### **MONDAY                      Retreat Day at St Mary of the Lake, Mundelein, IL**

7:30	Van/cars leave from NPU (or get there on your own)
9:00	Introductions with Cohort 20
	Gathering Circle with Cohort 20
12:00	Lunch

1:00	SILENT RETREAT BEGINS
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A detailed schedule will be provided at the retreat, which will include time for solitude, individual spiritual direction, group prayers, and multiple options for rest and relaxation.

5:30	Dinner
7:00	Worship Service
8:00	Van/cars leave to return to campus/hotel/home

#### **TUESDAY- Room N204**



8:45 - Morning Prayer

Welcome to the North Park Theological Seminary Community

**Seminar #1:** “Spiritual Direction and Anxiety” - X. Nader Sahyouni

BREAK

12:00 - LUNCH

1:30 – **Seminar #2** - Introduction to Group Spiritual Direction-**Sue Braun**

Self-supervision

5:00 - Dinner: Previous cohorts often used this time to eat together and reconnect. You are welcome to plan this on your own.

6:30 – **Seminar #3** - Spiritual Direction and Addiction – Ken Lund

### **WEDNESDAY**

8:45 - Morning Prayer

Group Spiritual Direction #2 - **Sue Braun**

Self-Supervision

BREAK

**Seminar #4:** Spiritual Direction and Gender - **Eva Sullivan-Knoff**

12:00 - LUNCH

1:30 – Spiritual Direction Practice #1 - **Team of Supervisors**

Self-Supervision

FREE EVENING

### **THURSDAY**

8:45 - Morning Prayer

**Seminar #5:** Setting Up a Spiritual Direction Practice - **Ellen Kogstad**

BREAK

**Seminar #6:** When Faith Unravels: Sitting with People in Faith Complexity – Rob Peterson

12:45 - LUNCH

1:30 – **Seminar #7:** Dreams in Direction – **Melanie Myatt**

5:00 - DINNER

7:00 - Book Discussion – Off-Site

### **FRIDAY**

8:45 - Morning Prayer

**Seminar #8:** Trauma-Informed Spiritual Direction - **Juliet Liu and Jean Synder**

12:15 - LUNCH

1:30 - Spiritual Direction Practice #2 - **Team of Supervisors**

Self-supervision

FREE EVENING



**SATURDAY**

8:45 - Morning Prayer

Reflection on Spiritual Direction Practice Sessions from the week – Ellen Kogstad

Break

Personal Testimony: Course Requirement #4

12:30 - LUNCH

2:00 - Meeting in groups for final sharing. Bring the following:

A. Spiritual Director's Rule of Life (Requirement #5)

B. Self-Evaluation and Supervisor's Evaluation (Requirement #5)

5:00

**Celebration Dinner for Cohort 19 and Instructors**

Colletti's - 5707 N Central Ave, Chicago, IL 60646

**SUNDAY**

9:45

Cohort 19 Pictures

10:30

Worship and Consecration Service - FAMILY and FRIENDS WELCOME

Presentation of Certificates

NOON

CELEBRATION BRUNCH FOR EVERYONE

**Class Resource Personnel:**

Program Assistant: Melanie Myatt-Cohort 14

Center Support Staff:

Instructors:

Sue Braun

Ellen Kogstad

X. Nader Sahyouni

Eva Sullivan Knoff

Rob Peterson

Juliet Liu

Jean Synder

Melanie Myatt

Group SD Facilitators: TBD

Supervisors: TBD



## Spiritual Direction Rule of Life

	Body	Spirit/Soul	Heart/Emotions	Mind/Ministry
Daily				
Weekly				
Monthly				
Quarterly				
Yearly				