

Sustainable Faith's School of Spiritual Direction

Winnipeg Year One Student Syllabus 2018-2019

Instructor: Danny Mullins

Sustainable Faith School of Spiritual Direction

Sustainable Faith is a two-year certificate program. The first year of the program focuses on the basics of spiritual direction with a strong emphasis on personal formation. Year Two is for those who sense a calling to the ministry of spiritual direction. A non-denominational ministry based in Ohio, Sustainable Faith currently has training cohorts located in more than 25 cities as well as internationally.

Welcome to Year One!

It is a gift to go on this adventure as a temporary, intimate and focused community. We fully expect this will be a transforming journey for everyone involved, teachers included. We also believe that in the wake of this training God will use you to bring greater health to the local church, your families, and friends one conversation at a time.

Dates for Modules: *Fridays and Saturdays* (9:00 am – 5:00 pm)

(Location to be determined)

Module 1: October 12-13

Module 2: December 7-8

Module 3: February 1-2

Module 4: March 29-30

Module 5: May 24-25

Application and Acceptance

Fill out an on-line application at www.sustainablefaith.com.

Acceptance is based on:

- interview with the teacher
- completion of two spiritual direction sessions and submission of report prior to September 30, 2018
- payment of deposit in full by September 15, 2018

Tuition

\$2100 - \$250 per student discount = US \$1850 (**CAD ~ \$2,337.36**) plus the cost of books which is approx. US \$120 (**CAD ~ \$153.65**). Registration deadline is August 15th. A deposit of US \$440 (~ **CAD \$563.37**) to secure your place in the cohort is due by September 15th. The remaining tuition can be paid out monthly. You will be invoiced directly from Sustainable Faith.

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Review of Commitments

- ▶ two sessions with a spiritual director prior to first module with a 1 page report of your experience
- ▶ required readings (11)
- ▶ ancillary readings (1) ... file a 1-2 page written report and oral presentation in class
- ▶ receiving spiritual direction (minimum 6 sessions)
- ▶ offering spiritual direction (2 directees: 10-14 sessions total)
- ▶ verbatims (3)
- ▶ general reports (4)
- ▶ spiritual practice (these will coincide with your reading of *Sacred Rhythms*)

General Reports

- ▶ paragraph about readings: i.e., your reactions, aha! moments, challenges, etc
- ▶ paragraph about your experience of receiving direction: what are you noticing?
- ▶ paragraph about your experience of offering direction
- ▶ paragraph on your life circumstances
- ▶ paragraph on your spiritual practices
- ▶ list any questions you want to address in next module

Where to File General Reports

Reports will be filed in an online cloud storage service called *Box*. You'll receive an email invitation to *Box* with instructions on how to use it.

Required Reading

Module 1: Intro to Spiritual Direction / Foundations

Sacred Companions, David Benner

Candlelight: Illuminating the Art of Spiritual Direction, Susan Phillips

Sacred Rhythms, Ruth Haley Barton (*Introduction, Chapter 1 & 2*)

Module 2: Spiritual Direction Foundations / Part 2

Holy Listening: The Art of Spiritual Direction, Margaret Guenther

Fierce Conversations, Susan Scott

Sacred Rhythms, Ruth Haley Barton (*Chapter 3 & 4*)

Module 3: Self-Understanding & Image of God

Emotionally Healthy Spirituality, Peter Scazzero

The Road Back to You, Cron & Stabile

Sacred Rhythms, Ruth Haley Barton (*Chapter 5 & 6*)

Module 4: Group Spiritual Direction & Discernment

Seeking God Together: An Invitation to Group Spiritual Direction, Alice Fryling

Anatomy of the Soul, Dr. Curt Thompson

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Sacred Rhythms, Ruth Haley Barton (Chapter 7 & 8)

Module 5: The Soul's Path - Movement Toward God

The Critical Journey: Stages in the Life of Faith, 2nd ed., Janet Hagberg & Robert Guelich

The Practice of Spiritual Direction, William A. Barry & William J. Connolly

Sacred Rhythms, Ruth Haley Barton (Chapter 9)

Ancillary Reading List: Choose 1 Book

General & Reference Works

The Art of Spiritual Direction: Giving and Receiving Guidance, W. Paul Jones

Exploring Spiritual Direction, Alan Jones

Holy Invitations, Jeannette A. Bakke

Inner Compass, Margaret Silf

Guided by the Spirit: A Jesuit Perspective on Spiritual Direction, Francis Joseph Houdek

Seeking Spiritual Direction: How to Grow the Divine Life Within, Thomas Dubay

Spiritual Direction & the Care of Souls: Guide to Christian Approaches & Practices, Moon & Benner

Spiritual Direction: Wisdom for the Long Walk of Faith, Henri Nouwen

Spiritual Disciplines Handbook, Adele Ahlberg Calhoun

Spiritual Mentoring: A Guide for Giving and Seeking Direction, Anderson, Reese & Houston

The Way of Spiritual Direction, Nemeck & Coombs

Spiritual Direction: A Practical Introduction, Sue Pickering

Miscellaneous Topics

Awaken Your Senses: Exercises for Exploring the Wonders of God, Brent Bill & Beth Booram

Awakening the Creative Spirit: Bringing the Arts to Spiritual Direction,

Christine Paintner & Betsey Beckman

Good and Beautiful God, James Bryan Smith

Coming Home to Your True Self, Albert Haase & M. Robert Mulholland Jr.

The Contemplative Pastor: Returning to the Art of Spiritual Direction, Eugene H. Peterson

The Definitive Book of Body Language, Barbara and Allan Pease

A Failure of Nerve: Leadership in the Age of the Quick Fix, Edwin Friedman

Falling Upward: A Spirituality for the Two Halves of Life, Richard Rohr

The Gift of Being Yourself, David Benner

Hospitality: The Heart of Spiritual Direction, Leslie A. Hay

Jesus, Our Spiritual Director: A Pilgrimage Through the Gospels, Wendy Miller

Mansions of the Heart: Exploring the Seven Stages of Spiritual Growth, Thomas Ashbrook

Picturing the Face of Jesus: Encountering Christ through Art, Beth Booram

Reflected Love: Companionship in the Way of Jesus, Christopher Brown

Sacred Rhythms, Ruth Haley Barton

Spiritual Direction & Meditation, Thomas Merton

Streams of Living Water, Richard Foster

When the Heart Waits, Sue Monk Kidd

Spiritual Classics

The Complete Fenelon, (Letters of François Fenelon), Edited by Robert Edmonson

Experiencing the Depths of Jesus Christ, (Madame) Jeanne Guyon

An Introduction to the Devout Life, St. Francis de Sales

The Imitation of Christ, Thomas à Kempis

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The Practice of the Presence of God, Brother Lawrence

Discernment

Authenticity: A Biblical Theology of Discernment, Thomas Dubay

Desiring God's Will: Aligning Our Hearts with the Heart of God, David Benner

Discernment: Reading the Signs of Daily Life, Henri Nouwen

Hearing God: Developing a Conversational Relationship with God, Dallas Willard

A Hidden Wholeness: The Journey Toward an Undivided Life, Parker Palmer

Listening Prayer: Learning to Hear God's Voice and Keep a Prayer Journal, Leanne Payne

Let Your Life Speak: Listening for the Voice of Vocation, Parker Palmer

Starting Something New: Spiritual Direction for Your God-Given Dream, Beth Booram

Lectio Divina

Eat this Book, Eugene Peterson

Opening to God, David Benner

Sacred Reading: The Ancient Art of Lectio Divina, Michael Casey

Centering Prayer

Basking in His Presence: A Call to the Prayer of Silence, Bill Volkman

Centering Prayer and Inner Awakening, Cynthia Bourgeault

Open Mind, Open Heart, Thomas Keating

Centering Prayer: Renewing an Ancient Christian Prayer Form, M. Basil Pennington

Into the Silent Land: A Guide to the Christian Practice of Contemplation, Martin Laird, OSA

Ignatian Spirituality

Guided by the Spirit: A Jesuit Perspective on Spiritual Direction, Francis Joseph Houdek

The Discernment of Spirits, Timothy M. Gallagher

A Simple Life Changing Prayer: Discovering the Power of St Ignatius' Examen, Jim Manney

What is Ignatian Spirituality?, David Fleming

In the Midst of Noise: An Ignatian Retreat in Everyday Life, Michael Campbell-Johnston, SJ

The Jesuit Guide to (Almost) Everything: A Spirituality for Real Life, James Martin, SJ



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