



Chalmers Summer School 2008

08SP300/500: Traditions of Spiritual Direction

Homecoming – Models of Spiritual Direction for the 21st Century

Rev. Dr. Donald Grayston

Part I: July 21-22, all day (9-12 noon, 1:30-4:30 pm); and July 23, 9-12 noon only

Part II: July 23, 1:30-4:30 pm only; and July 24-25 all day (9-12 noon, 1:30-4:30 pm)

Course Description

Spiritual direction –soulfriending—is spiritual accompaniment. It permits and commits the director and those directed to walk together on a journey of Spirit as they seek God’s directing. It is ancient and contemporary, with implications both for religious communities and traditions and for society. In this course, we will examine and practice different modes of spiritual direction for individuals, groups, congregations and society as a whole. While Part I will place a primary emphasis on working with individuals, both parts will offer opportunities to practice the art of soulfriending in individual and group contexts, and will present spiritual direction as an undertaking which is *contemplative, evocative, transformative and spacious*.

Course Format

Class time will include brief lecture presentations, small group discussion, triads for the practice of soulfriending, brainstorming, AV resources and class presentations.

Required Reading: students must buy:

Norvene Vest, ed. *Tending the Holy: Spiritual Direction Across Traditions*. Harrisburg, PA: Morehouse, 2003. ISBN 08192 19185

Fiona Gardner. *Journeying Home*. London: DLT, 2004. ISBN 0232 52524 2

Course Outline

Part I

Monday morning, July 21

Introduction to each other and to the course; clarification between instructor and students of expectations; brief introduction to the history of spiritual direction in Christianity and other traditions; identification of the present cultural context for spiritual direction; organization of working groups and presentation schedule

Monday afternoon, July 21

Reading: Vest, chapters 5-8

Christian spiritual direction: Ignatian, Evangelical, Carmelite, Benedictine; *lectio divina*

Tuesday morning, July 22

Reading: Vest, chapters 1-4

Spiritual guidance across religious traditions; s/d and inter-faith dialogue; s/d and prophecy

Tuesday afternoon, July 22

Reading: Vest, chapters 9-12

Special topics in direction: ecology, congregations, Gen-X, feminism

Wednesday morning, July 23

Group spiritual direction (video); the congregation as directee; evaluation of Part I

Part II

Wednesday afternoon, July 23

Reading: Gardner, chapters 1-3

The spiritual journey; direction and therapy

Thursday morning, July 24

Reading: Gardner, chapters 4-6

The spiritual journey, continued

Thursday afternoon, July 24

Reading: Gardner, chapters 7-8

The spiritual journey, continued

Friday morning, July 25

Special topics in the spiritual journey: the body, dreams, archetypes, ages and stages

Friday afternoon, July 25

Conclusion and evaluation: coming home, going home!

Course Requirements

Evaluative Work (for credit students these are standard course requirements. A right-brain project, with which a 3-5 page written rationale will also be submitted, may be substituted for a paper. No exams)

Given that the course was originally designed to take place in a two-week period, students may choose to fulfill the paper requirement either by undertaking two fulfillments of a 1.5 credit hour course, or one fulfillment of a 3.0 credit hour course. For example, if a student is taking the course on the Diploma, MDiv or MATS level, he/she may write either two 12-page papers or one 20-page paper. If the two-paper option is chosen, for one of these a right-brain project may be undertaken instead of a paper, with which a 3-5 page written rationale will also be submitted. For the Graduate Diploma in Spiritual Direction, the paper/project may be either two papers of 15 pages each or one 30-page paper, again with the option of one of the shorter papers being a creative project.

NEW: Please make your own arrangements for acquisition of the required texts through your local bookstores. Online bookstores such as Indigo.ca or Amazon.ca have competitive prices with fast shipping to your neighbourhood. VST's Chalmers Institute will NOT be pre-ordering titles.

Diploma/MDiv/MATS Required Reading

Students must buy the two course texts and read both of them before the course begins:

Norvene Vest, ed., *Tending the Holy: Spiritual Direction Across Traditions*. Harrisburg, PA: Morehouse, 2003. ISBN 08192 19185

Fiona Gardner. *Journeying Home*. London: DLT, 2004. ISBN 0232 52524 2

Additional reading: one of the starred titles in Section A of the bibliography (below), plus an additional 2-4 books of the student's choice.

Advanced Degree Credit Required Reading

The Vest and Gardner texts, plus one of the starred titles in Section A of the bibliography, plus an additional 4-6 books of the student's choice.

Course Requirements

1. All participants are required to attend daily and engage the learning process for classroom lectures and seminars.
2. All students will be expected to do pre-reading of primary texts for the course, and do limited reading of handouts between classes (approximately one hour per day). Attendance is mandatory and class participation is expected.
3. In order to receive credit for the course, Diploma, Certificate and Continuing Education students must read three of the assigned texts.
4. For those taking the course for degree credit, (Diploma, M.Div., M.A.T.S., M.A.R.E., Th.M., or D.Min.), see "**Summer School Degree Credit Evaluation Information**" handout for paper requirements.
5. For those taking the course for Chalmers Institute Summer School Continuing Education credit, see handout, "**Summer School Continuing Education Credit Information,**" for requirements.
6. For all credit students there will be an extra one-hour meeting with the course instructor, additional to class time, for each course, to review credit requirements and decide on an appropriate research topic.

ThM required readings:

Gardner and Vest, texts for the course; and in addition, from the course bibliography, any **one** of the titles starred on the bibliography below, plus **four others** of the student's choice.

BIBLIOGRAPHY

“HOMECOMING: MODELS OF SPIRITUAL DIRECTION FOR THE 21ST CENTURY”

SECTION A: THE PRACTICE OF SPIRITUAL DIRECTION

Baesler, E. James. “The Role of Prayer in Spiritual Direction.” *Presence* 11.1 (February 2005) 40-45.

Ball, Peter. *Anglican Spiritual Direction*. Cambridge, MA: Cowley, 1998.

------. “Spiritual Direction with the Clergy: A View from the Church of England.” *Presence* 11.2 (June 2005) 27-33.

Bisson, Donald. “Melting the Iceberg: Spiritual Direction for Men.” *Presence* 6.2 (2000) 31-37.

Dougherty, Rose Mary. *Group Spiritual Direction: Community for Discernment*. New York: Paulist, 1995.

Driskill, Joseph D. “Spiritual Guidance in a Mainline Protestant Context.” *Presence* 6.1 (2000) 21-33.

*Edwards, Tilden. *Spiritual Director, Spiritual Companion*. New York: Paulist, 2001.

Empeur, James. *The Enneagram and Spiritual Direction: Nine Paths to Spiritual Guidance*. New York: Continuum, 1998.

*Fischer, Kathleen. *Women at the Well: Feminist Perspectives on Spiritual Direction*. New York: Paulist, 1988.

Fuller, Robert C. *Spiritual, but not Religious: Understanding Unchurched America*. New York: Oxford, 2001.

*Gratton, Carolyn. *The Art of Spiritual Guidance*. New York: Crossroad, 1998.

*Guenther, Margaret. *Holy Listening: The Art of Spiritual Direction*. Cambridge: Cowley, 1992.

------. *Toward Holy Ground: Spiritual Directions for the Second Half of Life*. Cambridge: Cowley, 1998.

Hansen, Rita, John R. Mabry and Robert B. Williams. “Companioning People with Dementia.” *Presence* 9.3 (October 2003) 45-54.

Hart, Thomas. “Pastoral Counseling or Spiritual Direction: What’s the Difference?” *Presence* 11.2 (June 2005) 7-13.

Kidd, Sue Monk. *When the Heart Waits: Spiritual Direction of Life’s Sacred Questions*. New York: HarperCollins, 1992.

Liebert, Elizabeth. *Changing Life Patterns: Adult Development in Spiritual Direction*. New York: Paulist, 1992.

*May, Gerald G. *Care of Mind, Care of Spirit: Psychiatric Dimensions of Spiritual Direction*. San Francisco: Harper, 1982.

------. *The Dark Night of the Soul*. San Francisco: Harper, 2004.

Moon, Gary W., and David G. Benner. *Spiritual Direction and the Care of Souls: A Guide to Christian Approaches and Practices*. Downers Grove, IL: InterVarsity Press, 2004.

Moore, Thomas. *Care of the Soul: A Guide for Cultivating Depth and Sacredness in Everyday Life*. New York: HarperCollins, 1992.

Nouwen, Henri. *Spiritual Direction: Wisdom for the Long Walk of Faith*. San Francisco: HarperSanFrancisco, 2006.

*Ochs, Carol, et al. *Jewish Spiritual Guidance*. San Francisco: Jossey-Bass, 1997.

*O'Donohue, John: *Anam Cara: A Book of Celtic Wisdom*. New York: HarperCollins, 1997. *Presence*, Comprehensive Index to: volume 7.3 (2001) 58-64.

Remen, Rachel Naomi. *My Grandfather's Blessings: Stories of Strength, Refuge and Belonging*. New York: Riverhead, 2000.

*Ruffing, Janet. *Spiritual Direction: Beyond the Beginnings*. New York: Paulist, 2000.

Rumi, Jelaluddin. *The Essential Rumi*, trans. Coleman Barks, John Moyne, A. J. Arberry and Reynold Nicholson. San Francisco: HarperSanFrancisco, 1995.

Sims, River. "Riding the Monsters: Spiritual Direction with People who Live on the Street." *Presence* 10.3 (October 2004) 36-41.

Tallman, Bruce. *Archetypes for Spiritual Direction: Discovering the Heroes Within*. New York: Paulist Press, 2005.

Teasdale, Wayne. *The Mystic Heart: Discovering a Universal Spirituality in the World's Religions*. Novato, CA: New World Library, 2001.

Tolle, Eckhart. *The Power of Now: A Guide to Spiritual Enlightenment*, 2nd ed. Novato, CA: New World/Namaste, 2004.

Troxell, Barbara, interview subject. "Spiritual Direction: An Interview with Barbara Troxell." *Christian Century* (April 22-29, 1998) 441-49.

*Vest, Norvene, ed. *Still Listening: New Horizons in Spiritual Direction*. Harrisburg, PA: Morehouse, 2000.

Weeks, Louis B. "At home in the spiritual marketplace" (review of Wade Clark Roof, *Spiritual Marketplace: Baby Boomers and the Remaking of American Religion*—Princeton: UP, 1999). *Christian Century* (Feb 23, 2000) 210-13.

Weiss, Zari. "Jewish Spiritual Guidance." *Presence* 5.2 (1999) 29-34.

Young, Suzanne and Michele Thompson. "The Adaptive Approach for Spiritual Directors: Listening to Unconscious Wisdom." *Presence* 11.1 (February 2005) 50-55.

SECTION B: DISCERNMENT

Aschenbrenner, George. "Consciousness Examen." *Review for Religious* 31.1 (Jan-Feb 1972) 14-21.

*Barry, William. *Paying Attention to God: Discernment in Prayer*. Notre Dame: Ave Maria Press, 1990.

Conroy, Maureen. *The Discerning Heart*. Chicago: Loyola, 1993.

Culligan, Kevin. "The Dark Night and Depression." *Presence* 10.1 (February 2004) 9-19.

*Dyckman, Katherine, et al. *The Spiritual Exercises Reclaimed: Uncovering Liberating Possibilities for Women*. New York: Paulist, 2001.

*Fleming, David L., ed. *Ignatian Exercises: Contemporary Annotations*. St Louis: Review for Religious, 1996.

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Johnson, Ben Campbell. *Discerning God's Will*. Louisville, KY: WJK Press, 1990.

Kurtz, Ernest, and Katherine Ketcham. *The Spirituality of Imperfection: Storytelling and the Search for Meaning*. New York: Bantam, 1992.

McNeill, John J. *Freedom, Glorious Freedom: The Spiritual Journey to the Fullness of Life for Gays, Lesbians and Everybody Else*. Boston: Beacon, 1995.

*Maas, Frans. *Spirituality as Insight: Mystical Texts and Theological Reflection*, trans. Cia van Woezik and Megan Macrina Walker. Leuven: Peeters, 2004.

Netherwood, Ann. *The Voice of This Calling: An Evangelical Encounters The Spiritual Exercises of St. Ignatius*. London: SPCK, 1990.

Reeves, Nancy. *I'd Say Yes, God, If I Knew What You Wanted*. Kelowna, BC: Northstone, 2001.

Schneiders, Sandra. "Spiritual Discernment in the Dialogue of St Catherine Of Siena." *Horizons* (Spring 1982) 47-59.

*Stairs, Jean. *Listening for the Soul: Pastoral Care and Spiritual Direction*. Minneapolis: Fortress, 2000.

Whitehead, James D. "An Asceticism of Time." *Review for Religious* 30.4 (July-Aug 1980) 5-15.

SECTION C: ETHICS

Hedberg, Thomas M., Betsy Caprio, et al. *A Code of Ethics for Spiritual Directors*, rev. ed. Pecos, NM: Dove, 1992.

Spiritual Directors International. *Guidelines for Ethical Conduct*. San Francisco: SDI, 1999.

Beyond these two, you can go back to the titles in the previous two sections, and to look for specific contexts in which ethical issues are discussed. Have a look as well at the Comprehensive Index of *Presence* (Section A, above), which lists many articles with an ethical dimension (even when the term is not used in the title).

Web Resources

The Shalem Institute for Spiritual Formation in Bethesda, MD <www.shalem.org> produces *Shalem News On Line*, published winter, summer and fall. The index lists brief articles written by staff and participants from 1992 onward. To receive Shalem books or tapes, call 301/897-7334, or complete the online order form. The website also contains links to significant resources such as international libraries with electronic text collections.

SDI (Spiritual Directors International) annual conference recordings may be ordered through www.conferencerecording.com, or by calling 1-800-647-1110. Other resources are available through the SDI journal, *Presence*, or by consulting the SDI website at www.sdiworld.org

Donald Grayston has been director or co-director of the Pacific Jubilee Program in Spiritual Formation and Spiritual Direction since 1988. An Anglican priest, now retired, he continues to be active, on request, in various congregations in and beyond the Anglican Church. For fifteen years (1989-2004) he taught undergraduate Religious Studies at SFU, and for the last three of those was also director of SFU's Institute for the Humanities. Active in Merton studies since 1972, he has served as president of the Thomas Merton Society of Canada (www.merton.ca), and currently serves as president of the International Thomas Merton Society (www.merton.org). His other academic and research interests include pilgrimage, Gandhi, the Holocaust, religion in Canada, rites of passage, and peace education. donald_gravston@sfu.ca; 604/709-0883