

The General Theological Seminary of The Episcopal Church
The Center for Christian Spirituality

AT 330
CONTEMPLATIVE SUPERVISION FOR INDIVIDUAL AND GROUP SPIRITUAL DIRECTION

Easter Spring Term
March 24 -- 26, 2017
Friday & Saturday, 9:30 am – 3:00 pm and Sunday 2:00 pm – 5:00 pm.
One credit, 13 hours

Adjunct Professor Westina Matthews, Ph.D.
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*Pre- or co-requisite: AT 300, AT 305, AT 310
or permission by the Director of the Center for Christian Spirituality.*

Enrollment limit is 6, and the course can be taken more than once.

Course Description

This course draws upon the rich resources of Christian contemplative tradition to enhance and deepen the spiritual lives of those called to ministries of spiritual direction and spiritual guidance. As with other supervision courses, the focus is on supervised ministry. Activities include: peer review of presentations; peer assessments of strengths and growth areas; and an individual supervision meeting with the instructor. Special attention is given, furthermore, to the spiritual director's interior life and spiritual practice as a key aspect of spiritual direction ministry. For some, this approach to contemplative spiritual direction is different from what you have experienced in other classes. You are invited to stay open to this new experience, and focus on creating a sacred space for the mystery of God's presence.

Learning Objectives

- Develop and enhance your capacity to offer spiritual direction to individuals and/or with groups.
- Enhance your knowledge of approaches and resources for spiritual direction.
- Improve your ability to observe and evaluate your ministry of spiritual direction and to receive constructive feedback from your peers and supervisor.
- Gain experience in offering constructive supervisory feedback to colleagues.
- Gain familiarity with appropriate boundaries and ethical standards for spiritual direction.
- Learn how to form, make use of, and facilitate peer supervision/support groups for spiritual directors in your own ministry setting.
- Experience ways of enhancing and deepening your own spiritual life, drawing upon the rich resources of Christian contemplative practice, as a way to enrich and strengthen your ministry as a spiritual director.

Course Requirements and Expectations

This course is graded. To receive credit for this course, you must complete the following expectations:

Grade A: # 1 – 4, special consideration given to the final paper

Grade B: # 1 - 4

Grade C: #2 – 4

1. Active attendance and participation. You are expected to attend all class sessions unless there is an emergency.
2. One class presentation. The presentation will not be a verbatim, but is based on your spiritual direction experience; you will receive a fuller description of content for your presentation once enrolled.
3. Oral report on assigned chapter(s). Because this is a weekend intensive, you will be assigned specific chapter(s) to read before the class, and will be asked to report to the class on the assigned chapter(s). **Please wait** to receive your assignment before beginning to read.
4. Final paper -- An integrative paper on a selected theme, based on class discussions and your readings. The final paper must be six to seven pages, double-spaced, with references; and is due by **Friday, April 28, 2017.**
 - Select one of the following themes for your paper (or you may select another theme that is more relevant to your future ministry, but only with **prior approval** from the professor):
 - Use of Scripture and Spiritual Direction
 - Prayer and Spiritual Direction
 - Creativity and the Arts in Spiritual Direction (e.g., performing, visual, drama, dance)
 - Discernment and Spiritual Direction
 - Psychology and Spiritual Direction
 - (e.g., traumatized person, veterans, addicted person)
 - Contemporary Social Contexts for Spiritual Direction
 - (e.g., gender, workplace, diversity, social justice)
 - Spiritual Direction and Other Faith Traditions
 - The paper should be based on the following readings: 1) chapters from the required book by Mary Rose Bumpus and Rebecca Bradburn Langer; 2) required article by Gerald May, provided by the professor; and 3) three chapters from a second book of your choice from the references/additional readings list.
 - You may also draw upon additional readings of interest to you that may not be on the reading list.
 - The paper must include your plans for future spiritual development and ministry.

Course Requirements and Expectations Contd.

In offering textual support for your final essay, please cite material using the Turabian style sheet for sources used in religion papers and also take into account the seminary's policy on Inclusive Language (see the Academic Regulations, available on the seminary's website, www.gts.edu, under "Academics," then "Course Offerings and Registrar"). Extensions: Requests must be submitted to the Registrar's Office by the due date to secure a four-week extension.

If you have a disability that requires any modification of course activities or requirements, please contact the seminary's Registrar, Stacie Waring at registrar@gts.edu, before the first class session officially to register the disability. The Registrar will then authorize Prof. Matthews to provide any modifications needed for your participation in the course.

Required Reading

One article: Read prior to the intensive weekend of class.

May, Gerald. "Contemplative Spiritual Formation: An Introduction," Shalem Institute, 2001 (5 pages) Provided by professor prior to class.

And

Bumpus, Mary Rose and Langer, Rebecca Bradburn (Eds.) *Supervision of Spiritual Directors Engaging in Holy Mystery*, Harrisburg, PA: Morehouse Publishing. 2005 (199 pages) ISBN-10: 0-8192-1994-0

Because this is a weekend intensive, you will be assigned specific chapter(s) to read in the Bumps and Langer book before the class, and will be asked to report to the class on the assigned chapter(s). Please wait to receive your assignment before beginning to read.

In sharing with the class your assigned reading please keep in mind the following:

- How is this reading relevant to a class on contemplative supervision?
- What two or three new ideas/thoughts/practices did you learn from your reading?
- Are there any open questions that resulted from the reading that might be discussed further with the class?
- Do you recommend particular pages or sections to your classmates for future reference?

References/Additional Resources

Based on the selected theme for your final paper, read at least three chapters from one of the following books as an additional reference. You may also draw upon additional readings of interest to you that may not be on the reading list for your final theme paper. (During the course, the instructor will offer suggestions of other books or articles related to particular themes of spiritual direction ministry):

References/Additional Resources Contd.

1. Barry, William A. & Connolly, William J. *The Practice of Spiritual Direction*. HarperOne, 2nd ed., revised, 2009. (242 pages) ISBN-10: 0061652636
2. Conroy, Maureen. *Looking into the Well: Supervision of Spiritual Directors*. Chicago: Loyola University Press, 1996. ISBN 0-8294-0827-4.
3. Dougherty, Rose Mary. *Discernment: A Path to Spiritual Awakening*. New York: Paulist Press, 2009. (80 pages) ISBN-10: 0809145545
4. Edwards, Tilden. *Spiritual Director, Spiritual Companion: Guide to Tending the Soul*. New York: Paulist Press, 2001. (232 pages) ISBN-10: 080914011X
5. Fryling, Alice. *Seeking God Together: An Introduction to Group Spiritual Direction*. Downers Grove, IL: InterVarsity Press, 2009. (152 pages) ISBN 978-0-8308-3524-9
6. Guenther, Margaret. *Holy Listening: The Art of Spiritual Direction*. Cambridge, MA.: Cowley Publications, 1992. (162 pages) ISBN- 1561010561
7. Hart, Thomas. *The Art of Christian Listening*. New York: Paulist Press, 1980. (128 pages) ISBN-10: 0809123452
8. Laird, Martin. *Into the Silent Land: A Guide to the Christian Practice of Contemplation*. New York: Oxford Press, 2008. (176 pages) ISBN-10: 0195307607
9. Lebacqz, Karen, and Joseph D. Driskill. *Ethics and Spiritual Care: A Guide for Pastors, Chaplains, and Spiritual Directors*. Nashville: Abingdon Press, 2000. (174 pages) ISBN-10: 0687071569
10. Leech, Kenneth. *Soul Friend: Spiritual Direction in the Modern World*. Harrisburg: Morehouse Publishing, 2001. (New Revised Edition). (272 pages) ISBN 0-8192-188-X.
11. Nouwen, Henri J. M., Christensen, Michael, and Laird, Rebecca J. *Spiritual Direction: Wisdom for the Long Walk of Faith*. New York: HarperCollins, 2006. (192 pages) ISBN-10: 0060754737.
12. Ruffing, Janet K. *Spiritual Direction, Beyond the Beginnings*. New York: Paulist Press, 2000. (192 pages). ISBN-10: 0809139588
13. Stairs, Jean. *Listening for the Soul: Pastoral Care and Spiritual Direction*. Minneapolis: Fortress Press, 2000. (224 pages) ISBN-10: 0800632397
14. Vest, Norvene, ed. *Still Listening: New Horizons in Spiritual Direction*. Harrisburg: Morehouse Publishing, 2000. (224 pages) ISBN-10: 0819218146