

# Overview of Listening with the Spirit 2023-2025

## Call to be a Spiritual Director

### What is Spiritual Direction?

Spiritual direction is a contemplative practice of being with an individual or group as they attempt to deepen their relationship with the divine or to learn and grow in their own personal spirituality. The person seeking direction shares stories of his or her encounters of the divine, or how he or she is experiencing spiritual issues or relationships. It is a dynamic process where one can listen to self in order to reflect on life's questions in light of our call. Spiritual direction helps us to learn how to live in peace, with compassion, promoting justice and love. (Developed from Spiritual Direction International)

“The whole purpose of Spiritual Direction is to penetrate beneath the surface of a person's life, to get behind the facade of conventional gestures and attitudes which one presents to the world, and to bring out one's inner spiritual freedom, one's inmost trust...the likeness of Christ in one's soul.” Thomas Merton

### How to Identify the Call to Spiritual Direction

Do others approach you for conversation on topics that have deeper meaning and revolve around God or sacred ground?

Do such conversations give you energy and feel like a priority in your life?

Are you able to live out of a contemplative spirit?

Can you appreciate the subtleties and varieties of human communication:

listen to hear the meaning behind words, to see meaning reflected in one's body, in one's life, and in the silence where our souls commune?

### Six Criteria for Discerning Calling

1. Time flies when you are engaged in this calling.
2. Wonder, curiosity, and a sense of awe envelope you.
3. This calling conjures up enthusiasm.
4. This calling brings with it joyful concentration.
5. You learn easily when engaged in this calling.
6. Acting on this calling generates gratitude.

*From “Seek Your Calling and Your Calling Will Seek You: Exploring Discernment as a Way of life by Monika Ellis, OSB and James D. Henry Presence Magazine March 2012 pp40-45*

### Admission Criteria

The program is ecumenical in character and is open to people who:

- have been Spiritual Direction for at least 6 months with a “trained” Spiritual Director
- are prayerful persons able to listen to God, self, and others
- have a fervent desire to live out God's will in their lives
- are grounded in a faith tradition
- are able to demonstrate basic competencies in contemporary scripture, theology and psychology
- Have made a weekend silent retreat (You are welcome to come to The Priory Spirituality Center for a silent retreat. Go to [www.stplacid.org](http://www.stplacid.org) under retreats and schedule one if you wish.
- are able to articulate a sense of call to this ministry
- are available for an interview with the program staff

## **Qualities to be Considered for Spiritual Directors—See others in LWS brochure**

### **Areas of Personal Integration:**

- ability to be present and available to meet the other and to be met-- i.e. present to myself and the other
- ability to trust one's inner responses to what the directee is saying and/or expressing
- ability to aid another to come to a greater interiority and reflectiveness in all the events of the individual's life
- ability to recognize and value the meaningful events in the integration of a person's life
- ability to discern the movement and direction in inner experience
- capacity and ability to make good and sound assessments about where another is, his/her growing edges and issues

### **Areas of Competence:**

- ability to observe and take note of body language as a means of communication
- ability to listen and to hear what another is saying or trying to say
- ability to pick up feeling and emotional tone of another
- ability to pick up the energy of the directee and to find its tone and direction
- ability to aid another to recognize and name inner experiences
- ability to challenge and confront
- ability to encourage and support honesty
- ability to recognize and to be comfortable with directee's resistances
- ability to learn various skills and approaches which enhance the quality of the spiritual direction relationship and use them appropriately

From Institute for Spiritual Leadership, Chicago, 1991

### **Considerations**

Attendance at all sessions enriches your experience and that of the group. This program builds on each session. We expect you will be able to attend each session. If you are out of town, we would expect you to participate by Zoom. If you are in an in-depth transition or a life crisis, we suggest that you wait until you've worked through your personal issues.

If you know in advance that you have chronic health issues or family emergencies that might interrupt your attendance during the two-year program, this could interfere with your process and the group's process. Travel or too much work and/or outside commitments need to be discerned.

**Application Process**—formal application papers are on the St. Placid website under “long-term programs” for The Priory Spirituality Center. Papers will be sent via email upon request.

Application will include:

2 references

A brief spiritual autobiography of 4 to 6 pages (2 copies)

Initial interview with Listening with the Spirit Team using the application materials/  
interview questions

### **Interview**

Interviews will begin in February 2023 on Zoom. We will let you know by the end of May. These interviews will be done on Zoom. We will ask you for possible interview times. The interview is about an hour in length. Candidates will be notified of interview results in a timely fashion.

**The interview cost is \$100. The \$100 will not be credited toward tuition.** If accepted, candidates will be asked to make a nonrefundable deposit of \$100. (The deposit will be credited toward tuition.)

## **Program Fees**

A \$100 application fee is submitted with your application materials and spiritual autobiography before the interview. The application materials and spiritual autobiography will be the substance of the interview. The interview takes about an hour. **This fee is different from your deposit fee.**

**Full tuition fees** are set on a yearly basis: **\$2,100 for year 1 and \$2,200 for year 2** (which includes 2 individual supervisions). **If you wish to make hard copies of the materials sent to you, you will be responsible for that cost. If you prefer to use your computer, make sure to download your copies.** Full payment, half-year payments, or monthly payments are accepted according to a contract.

## **What time commitment in sessions would Listening with the Spirit involve?**

For **Year 1** the class meets Wednesday morning from 9am-noon on zoom for 3 hours for 24 sessions from **September 20, 2023 through April 17, 2024** (see schedule below). In year 1 each session will involve reading some articles and reflection handouts on the topic sent via internet. Internet access will be important to receive materials that you will copy or bring on your laptop to the session. A discernment interview on your "Call to Year 2" will take place after a morning session for those who live at a distance and on a Wednesday morning for those who live in the vicinity.

**Year 2** meets on Wednesday morning from 9am-noon for 3 hours on zoom. Year 2 begins **September 10, 2024 through April 30, 2025. It may be subject to change. We will meet for 24 sessions** (see schedule below). The sessions will be on practical questions of being a Spiritual Director with an internship which involves peer group supervision of written verbatims and reflections. Computer readings and reflection questions will be suggested according to the flow of the material presented. On-going discernment for the ministry of being a Spiritual Director continues.

**Outside of class sessions for Year 2**, you will be responsible for meeting with **2 or 3 directees** or a **group** and **1 directee** beginning in October and writing **5 supervision assessments** from October through March for peer group supervision. You will be responsible for **2 sessions of individual supervision with staff.**

You will also present short presentations on topics related to spiritual direction issues and prepare a brochure or marketing tool for your own use.

Each year you will be invited to prepare prayers and a ritual table. You will also be asked to share information about your denomination or faith tradition in year 1.

**Each session** will have experiential objectives and some pair, triad or group work.

**Adult-centered learning** means each of you comes with wisdom, experience, and expertise. We will depend on you to share your gifts and we will facilitate the content and provide materials.

## **Benedictine values will permeate the formation:**

Lectio Divina prepares us to read life as a sacred story.

Hospitality opens us to receiving the other as Christ.

Stability teaches us to be present to our experiences.

Continual Conversion becomes a life-long commitment. (*St. John's University, Collegeville, MN*)

**If you have further questions about LWS, kindly call Sister Lucy Wynkoop at 360-438-2595 or email her at [lucywynkoop@gmail.com](mailto:lucywynkoop@gmail.com) If you are ready for an application, kindly contact her. This application will be used in the interview.**

**Primary Learning Topics for  
Listening with the Spirit 2023-2024 Year 1  
(Facilitators: Sister Lucy Wynkoop & Dr. Mary Pandiani, Sister Monika Ellis)**

- 09/20/23 1. Defining Spiritual Direction; Expectations & overview of formation Yr 1 & 2  
09/27/23 2. Faith Sharing/Participant stories of call to be a Spiritual Director  
10/04/23 3. Faith Sharing/Participants stories of call to be a Spiritual Director  
10/11/23 4. Spirituality of Spiritual Director/Directee; Using Richard Fosters 6 Streams  
10/18/23 5. Prayer Overview as it relates to Spiritual Direction  
10/25/23 6. Praying with Scripture/Holy Writings as they relate to a spiritual direction session  
11/01/23 7. Compassionate, Contemplative Listening in Spiritual Direction  
11/08/23 8. Relationship to God and Images of God in prayer  
11/15/23 9. Enneagram Dynamics in Spiritual Direction

**11/24/22 No class (Thanksgiving Nov. 23)**

- 11/29/23 10. Discernment about Staying with the Movements of God--all  
12/06/23 11. Discernment about Resistance to the Movements of God  
12/13/23 12. Wisdom of the Body and Feelings

**12/20/23 No class**

**12/27/23 No class**

- 01/03/24 12. Wisdom of the Body and Feelings  
01/10/24 13. Intimacy, Sexuality, Passion, Love, Gender Issues  
01/24/24 14. Communication and using evocative questions with the Directee  
01/31/24 15. Creativity in Spiritual Direction  
02/07/24 16. Unconscious, Active Imagination & Understanding of Dreams with Directee

**02/14/24 No class –Ash Wednesday**

- 02/21/24 17. Defining Group Spiritual Direction  
02/28/24 18. Stages of Faith  
03/06/24 19. Loss, Grief, Forgiveness  
03/13/22 20. Aging, Dying, and Mental Illness  
03/20/22 21. How to help the Directee in Transition; how to help the Director find Directees

**3/27/24 No class – Holy Week**

- 04/03/24 22. Creating Hospitality of the Heart by the Director with the Directee  
04/10/24 23. Gaining Trust with Directee through Director's Presence & Attitude of  
Gratitude and Appreciation  
04/17/24 24. Internship Preparation (may send contract form to Mary or Lucy for review)

Vocational Discernment about Call to go to Yr 2—personal discernment (no class)

Choices of Payment: Deposit \$100 which will be added to payments

**\$2,000** (1 time Sept., 2023) Or **\$1000** (2 times Sept/Jun, 2024) Or **\$500** (4 times Sept/Nov. 2023/Jun/Mar 2024)

**Spiritual Direction Internship**  
**Listening with the Spirit 2024-2025 Year 2**  
**Facilitators: Sister Lucy Wynkoop Sister Monika Ellis, & Dr. Mary Pandiani**  
 (topics might change depending on the needs of the participants) *prayer*  
*leader in green Individual Supervision in black*

1. September 10, 2024 **Expectations; starting out as a Spiritual Director; ethical Code** - *prayer leader:*
2. September 17, 2024 **How to write a Verbatim** - *prayer leader:*
3. September 24, 2024 **How to do Supervision with a Verbatim** - *prayer leader:*

**No Class - October 2, 2024 - Meet with Spiritual Directees some time that week**

4. October 08, 2024 **Peer Group Supervision-Verbatim**
5. October 15, 2024 **Peer Group Supervision-Verbatim**
6. October 22, 2024 **How to write a Contemplative Reflection** - *prayer leader:*
7. October 29, 2024 **How to do Peer Group and Contemplative Reflection**

**No Class – November 06, 2024- Meet with Spiritual Directees some time that week**

8. November 13, 2024 **Peer Group Contemplative Reflection Supervision**
9. November 20, 2024 **Peer Group Contemplative Reflection Supervision**

**No Class – Nov 27, 2-24 Thanksgiving November 28, 2024**

10. December 04, 2024 **Spiritual Direction Issues (8 presentations)** - *prayer leader:*
11. December 11, 2024 **Dual roles; power Issues** - *prayer leader:*

**No Class week of December 18,25,Januury 1 - Meet with Spiritual Directees some time during break**

12. January 08, 2025 **Spiritual Direction Issues (8 presentations)** - *prayer leader:*
13. January 15, 2025 **Peer Group Supervision--Verbatim**
14. January 22, 2025 **Peer Group Supervision--Verbatim**

**No Class week of January 29, 2025 Meet with Spiritual Directees some time that week**

15. February 05, 2025 **Self-care; burnout** - *prayer leader:*
16. February 12, 2025 **Peer Group Supervision: Contemplative Reflection**
17. February 19, 2025 **Peer Group Supervision: Contemplative Reflection**
18. February 26, 2025 **How to Write Other Contemplative Models** *prayer leader:*

**No Class on March 5, 2025 Ash Wednesday Meet with Spiritual Directees some time that week**

19. March 12, 2025 **Peer Group Supervision: Choose another model**
20. March 19, 2025 **Peer Group Supervision: Choose another model**
21. March 26, 2025 **Reflections on Internship** - *prayer leader:*
22. April 02, 2025 **Business Plan (Compensation, Marketing)** –? Jamie Deering *prayer leader:*

**No class April 9, 2025 Work on Business Plan (websites, brochures for April 26)**

23. April 16, 2025 **Ethical, Legal, Professionalism** – Sr. Julian *prayer leader:*

**Holy Week No Class on April, 16, 2024**

24. April 30, 2025 **Sharing brochures/websites; Commissioning Certificate; Sending Forth** - *prayer leader*

***Individual Supervisions (2x) Mary, Sr Monika, or Sr Lucy***

***Financial Contract: A signed Contract will be available on Guru: the dates show one payment of 9/14/24 \$2,200 9-14-22; two payments of \$1,100 on 9-14-24 & 1-4-25; or four payments of \$550 on 9-14/24, 10-19-24, 1-4-25, 3-2-25 Please honor the dates for payments.***