

Stanton Center for Ministry Formation
2023-24 Spiritual Theology
Introduction to Spiritual Direction as a Vocation
Syllabus

Prerequisite: Spiritual Theology I or approval of Instructor.

An introduction to the basic elements of Anglican Spiritual Direction, elements of spiritual formation and the craft of supporting others as they mature in their Christian life. This class is coupled with other Stanton Center courses required to receive a certificate of completion in Spiritual Direction. The course will include some lectures, a lot of sharing on the readings and sharing of reflections on readings and practices. Success is dependent on active participation, reading and writing.

This course will make every effort to begin to answer the following questions:

What is Spiritual Direction?

What is Anglican Spiritual Direction?

What does a Spiritual Director do?

How do I become a Spiritual Director?

What are the skills needed to become a Spiritual Director?

What is spiritual formation?

What is spiritual discernment?

Facilitators: Bishop Michael Smith and Patricia Mackey Stone

Dates and Times: Saturday morning beginning the 2nd Saturday in August 2023 and ending the 2nd Saturday in May 2024 with some adjustments as necessary.

Requirements: For Credit Students

1. Regular attendance in-person or via Zoom and participation in class discussions.
2. Bring Bible, journal, and appropriate text to class.
3. Case study of prominent Christian leaders and their spiritual formation; class presentation in December 2023
4. Lead group lectio divina
5. Have monthly meetings with a spiritual director.
6. Learn, practice and share about one new spiritual practice each month.
7. Write the story of your spiritual formation/spiritual autobiography.
8. Have a personal Rule of Life

Not For Credit Students:

1. Regular attendance in-person or via Zoom and participation in class discussions.
2. Bring Bible, journal, and appropriate text to class time.
3. The construction and development of a Rule of Life over the time in class.
4. Reading and reflecting with the class

*Daily lectio divina

*Eucharist once a week

*Meeting with Spiritual Director monthly

*Daily reflection on *The Daily Reader for Contemplative Living*

*One new practice from the Spiritual Disciplines Handbook, Calhoun.

*Monthly reading.

Texts Required:

NRSV Study Bible or your favorite translation.

*Chittister OSB, Joan. *The Rule of Benedict: A Spirituality for the 21st Century*. Crossroad, Second Edition, 2010.

OR Sutera OSB, Judith. *St. Benedict's Rule: An Inclusive Translation and Daily Commentary*. Liturgical Press, 2021

*Ball, Peter. *Anglican Spiritual Direction*. A Spiritual Directors International Book (New York: Church Publishing, 2007).

*Calhoun, Adele Ahlberg. *Spiritual Disciplines Handbook: Practices That Transform Us* (Downers Grove, IL: InterVarsity Press, 2005).

*Fowler, James W. *Becoming Adult, Becoming Christian: Adult Development and Christian Faith* (San Francisco: Jossey-Bass, an imprint of Wiley, 2000).

*Harton, F. P. *The Elements of the Spiritual Life*, (Eugene, Oregon: Wipf & Stock, 1960)

*Thomas Keating. *The Daily Reader for Contemplative Living*.

*Leech, Kenneth. *Soul Friend*. (Morehouse Publishing, 2001)

*May, Gerald G. *Care of Mind, Care of Spirit* (New York: HarperCollins, 1982).

*Thornton, Martin. *Christian Proficiency*. (Eugene, Oregon: Wipf & Stock, 2010)

*Any autobiography or biography of a noted Christian saint or person: approved by facilitator.

*St. Bonaventure, *The Triple Way or The Enkindling of Love*.

*Wright-Carr, Robyn. *The Spiritual Development of Evelyn Underhill* (London: Society for Promoting Christian Knowledge, 2020)

2023-24 Sessions

1. August 2023:

Tasks:

Bring spiritual autobiography for reflection

Review Fowler's outline from Faith Development and Pastoral Care.

Discuss importance of personal autobiography.

Objective:

- Begin to look closely at another person's journey
- Consider what it would be like to be that person's companion.
- Syllabus review, lectio divina steps, practice preparation

Next Class:

Read Peter Ball

Prepare one new practice

Notes on Ball

Choose auto/biography

2. September 2023:

Tasks:

Take detailed notes on Anglican SD

Share one new practice

Identify auto/biography for December presentation.

Objective:

- Identify basics of Anglican Spiritual Direction
- Grow in understanding of practice

Next Class:

Read and take notes on Harton: Chapters 1, 2, 3 and 7 and 8.
Prepare one new practice

3. October 2023:

Tasks:

Share detailed notes on Harton's view of spirituality and human nature
Share one new practice

Objective:

- Determine Harton's view of human nature, sin and grace.
- Learn a new practice from each other.

Read Fowler: Chapters 3 through 6

Outline Fowler's stages of faith

Prepare one new practice.

4. November 2023:

Tasks:

Outline of Fowler's stages to share
Share one new practice

Objective:

- Determine and discuss stages of faith.
- Learn a new practice from each other.

Next Class:

Finish autobiography/biography started in August.
Prepare presentation for class.

5. December 2023:

Tasks:

Complete reading of auto/biography
Prepare 10–15-minute oral class presentation.

Objective:

- Share insights from auto/biographies
- Align with approaches to formation.
- Reflect on personal autobiography.

Next Class:

Read Bonaventure and Harton Chapters 22 and 23

Outline the elements of the Purgative, Illuminative and Unitive stages

Prepare one new practice

6. January 2024:

Tasks:

Discuss the Three Ways
Share a new practice

Next Class:

Read May
Outline elements of May's understanding of SD
Prepare one new practice

7. **February 2024:**

Tasks:
Reflection on May's approach to SD
Share one new practice

Objective:

- Determine May's view of SD
- Add a practice to toolbox

Next Class:

Read Leech: Chapters 2, 3, and 6.
Take notes on Leech's view of SD
Prepare one new practice

8. **March 2024**

Tasks:
Share Leech's view of SD compared to Ball and May
Share new practice

Objective:

- To understand different approaches to SD
- Add a practice to tool box

Next Class:

Read *The Spiritual Formation of Evelyn Underhill*
Map her journey using Fowler's chart
Prepare one new practice

9. **April 2024**

Tasks:
Discussion on Underhill's journey
Share new practice

Objective:

- To gain a perspective of the work of Spiritual Direction
- To reflect on personal approach to SD
- Add a practice to tool box

Next class:

Read Harton Chapters 20 and 24
Read Thorton, Chapters 1-4 and 12-14

10. May 2024

Tasks:

Craft a definition and practice of Spiritual Direction for yourself
Complete class evaluation

Objective:

- Identify the approach and the disciplines that each student might use in their practicum.

Next Steps:

Spiritual Direction/Practicum

Schedule: Monthly beginning in August 2023 through May 2024

Dallas Class begins at 8:30 a.m. | Greenwich Class begins at 9:30 a.m.

Session One: Morning Devotion, Sharing of Reflections on Text

Session Two: Review of Readings, Teaching

15 Minute Break

Session Three: Spiritual Practice: Teaching and Practice

(Schedule for every class unless changed for Diocesan Calendars)

Class Dates: August 19, 2023; September 30, 2023; October 21, 2023; November 18, 2023;
December 16, 2023; January 20, 2024; February 17, 2024; March 16, 2024; April 20, 2024;
May 18, 2024