

COURSE TITLE: Retreat in Everyday Life

COURSE DESCRIPTION:

This course is designed to intensify and integrate the experience of individual spiritual direction and the supervision process initiated in the Practicum in Spiritual Direction. A two-credit, two-week intensive course consisting of integration of theory and practice of spiritual direction. A model of non-residential Retreat in Everyday Life, in the context of Ignatian Spirituality, is used for this practicum. The course is the second phase of the practicum/formation in spiritual direction in the Regis College Spiritual Direction Program. Discernment paper required for admission to this course.

Course Number: RGP3248YF

Instructor: Philip D. Shano, S.J.

Course Format: Lecture and Practicum

Schedule: 9:00 to 17:00 Begins: 05/01 Ends: 05/12 2017

Schedule Notes: Monday through Friday: May 01 – 05, May 08-12, 2017

STUDENTS SUCCESSFULLY COMPLETING THIS COURSE WILL BE ABLE TO DEMONSTRATE THE FOLLOWING LEARNING OUTCOMES:

(A) In Respect of General Academic Skills

To integrate and appropriate the theory and practice of spiritual direction for growth in the praxis of this ministry in a final ministry competency paper

To expand their knowledge of a growing variety of topics arising in the ministry of spiritual direction

To demonstrate the use of a Contemplative Reflection Form as a tool for supervision

(B) In respect of the Understanding of the Content of one or more Theological Disciplines

To apply their knowledge of the dynamics of the *Spiritual Exercises* and the guidelines of Ignatian discernment as they direct the retreatant

To accompany a retreatant and demonstrate a developing skill level in their practice of spiritual direction and in their participation in supervision

To accompany a retreatant in a *Retreat in Everyday Life* while engaging a contemplative, compassionate and evocative stance

To participate in a method of contemplative supervision in which the object of the process is the person of the director

To participate in a contemplative process of individual and peer group supervision

(C) In Respect of Personal and Spiritual Formation

To appropriate a capacity for genuine self-awareness (authenticity) and identity with the charism of spiritual direction

To participate in a method of contemplative supervision in which the object of the process is the person of the spiritual director

To discern their gifts and their challenges for the ministry of spiritual direction

(D) In Respect of Ministerial and Public Leadership

To integrate the theory and practice of spiritual direction for growth in the praxis of this ministry

To discern the on-going call to the ministry of spiritual direction, and be aware of opportunities to participate in ongoing professional development

READINGS WILL BE ASSIGNED FROM THE FOLLOWING TEXTS & SOURCES
Students are expected to further integrate the theory resources from Phases I – Practicum in Spiritual Direction by reading and being aware of assigned texts. The student is to read the following articles prior to the first class as part of preparation for this course.

Phase II Ignatian Spirituality and Spiritual Direction

1. Au, Wilkie. "The Ignatian Method: A Way of Proceeding" *Presence* 16:3 (2010)
2. Coelho, Mary. "Understanding Consolation and Desolation." *Review for Religious* (Jan.-Feb. 1985): 61-77.
3. Cowan, Marian. "How Ignatius Would Tend the Holy: Ignatian Spirituality and Spiritual Direction" in *Tending the Holy: Spiritual Direction Across Traditions*, ed. Noreen Vest. Morehouse(2003) chapter 5, 61-77.
4. Craig, Mary Robin. "Ignatian Spirituality: Companionship in Loss." *Presence* 19:3 (2013): 40-45.
5. Fisher, Kathleen. "Steadfast Kindness: Ignatian Spirituality for Caregivers, The Way, Vol 53/3 July 2014,pp 69-74.
6. Ignatius of Loyola. trans. Joseph F. O'Callaghan. "Convalescence and Conversion (May1521-February 1522)" in *The Autobiography of St. Ignatius Loyola with Related Documents*. New York: Fordham University Press, 1992, chapter 1, 21-26.

The following texts will be on Reserve in the Regis Library.

- DeWaal, Ester. *Lost in Wonder; Rediscovering the Spiritual Art of Attentiveness*
Dyckman Kathleen, Garvin, Liebert, *The Spiritual Exercises Reclaimed: Uncovering Liberating Possibilities for Women*. Paulist Press, 2001.
Fischer, Kathleen R., *Women at the Well: Feminist Perspectives on Spiritual Direction*
Ganss, George, ed. *Ignatius of Loyola, Spiritual Exercises and Selected Works*
The Spiritual Exercises of Saint Ignatius; The Spiritual Journal of St. Ignatius Loyola; The Autobiography of St. Ignatius Loyola
May, Gerald G. *Care of Mind, Care of Spirit: A Psychiatrist Explores Spiritual Direction*
Reiser, William. *Seeking God In All Things; Theology and Spiritual Direction Liturgical Press, Colledgeville, MA, 2004.*
Smith, Carol Ann, Eugene Merz. *Finding God in Each Moment; The Practice of Discernment in Everyday Life*. Ava Maria Press, IA, 2006.
Thibodeaux, Mark E. *God's Voice Within; The Ignatian Way to Discover God's Will*. Loyola Press, 2010.
Williams, Monty. *The Gift of Spiritual Intimacy; Following the Spiritual Exercises Intimacy*. Novalis, 2009.

Recommended Authors writing on Spiritual Direction Themes:

Kathleen Fisher, Margaret Silf, Timothy M. Gallagher; Gerald May, William Barry, Monty Williams, Carolyn Gratton, any books by the Linns

Spiritual Classics; John of the Cross; Teresa of Avila; Ignatius of Loyola; St. Francis of Assisi and Clare of Assisi; The Classics of Western Spirituality; Bonaventure; "Spiritual Friendship", Aelred of Rievaulx; "The Practice of the Presence of God", Brother Lawrence of the Resurrection; Thomas Merton's writings; Saint Therese of Lisieux; Julien of Norwich, Meister Eckhart, Henri Nouwen...

Recommended Journals found at Regis College

- Presence: An International Journal of Spiritual Direction
- Review of Ignatian Spirituality
- Studies in Spirituality
- The Way: A Journal of Contemporary Spirituality, by the British Jesuits
- Conversations: A Forum for Authentic Formation
- Spiritus
- Journal for the Study of Spirituality
- Spirituality

THE FOLLOWING TOPICS WILL BE CONSIDERED:

The Retreat in Everyday Life course is designed to intensify the experience of individual spiritual direction and the supervision process initiated in Phases I. The object of supervision in this program is the person of the spiritual director. Through supervision and discernment the director grows in a deeper awareness of responses to a perceived presence or absence of God in the ministry of spiritual direction. Supervision is valued as a way to enable the spiritual director to help others recognize and integrate God's presence and direction in every aspect of life. The *integrative process* of practice and supervision includes:

The Practice of Spiritual Direction:

- 1) Meet with one directee over a period of eight days
- 2) Participate as a directee and have eight spiritual direction sessions;
- 3) Contemplative reflection before and after each spiritual direction appointment

The Practice of Supervision:

- 1) Reflective preparation of the *Contemplative Reflection Form (CRF)*
 - One CFR is completed following each spiritual direction session and presented to the supervisor prior to each supervision session
- 2) Contemplative reflection before and after each supervision appointment
- 3) Critical awareness of responses to the perceived presence or absence of God
- 4) Engage in supervision as a way to serve directees in recognizing and integrating God's presence and direction in every aspect of life
- 5) Participate in one-one supervision and peer group supervision for the growth and integration of the theory and practice of spiritual direction
- 6) Ongoing reflection on personal growth and development in ministerial competencies