

Description and Objectives:

The course in spiritual direction will explore the broad, rich and continuous tradition in the Church of holy and wise women and men giving spiritual counsel to those who seek to more fully live their Christian vocation. The significance of the community of faith, the Church, in the spiritual life of its members will be considered as a primary resource for growth in the spiritual life. The course will also look at the contributions made to this pastoral ministry by contemporary thought (especially psychology, sociology and the arts) and the role of human experience in personal spiritual development. This is not a "how to do it" course, although there will be the discussion of the practical aspects of the art and skill of spiritual guidance, but rather it is a study to understand what spiritual direction actually is, especially the fundamental issues related to adult spiritual growth today. Students will be encouraged and guided to decide if they are called to and have the gift for this ministry and, if so, how they can best facilitate in others personal spiritual development.

Procedures: Lectures relevant to the ministry of spiritual direction will be presented and discussed. Online work will be required.

Evaluation: The student's grade will be determined by participation in class sessions, knowledge of assigned reading materials, and the quality of oral and written work.

Required Texts: Barry, William A. & William J. Connolly. *The Practice of Spiritual Direction* (revised and updated edition). HarperCollins/HarperOne, 1982/2009.

Gratton, Carolyn. *The Art of Spiritual Guidance*. Crossroad Publishing, 1992/2000.

May, Gerald. *Care of Mind, Care of Spirit*. Harper Collins, 1982/92.

Vest, Norvene, editor. *Still Listening: New Horizons in Spiritual Direction*. Morehouse Publishing, 2000.