STMM 571 The Art of Spiritual Direction
Syllabus

Course Information

Course Number: STMM 571		Instructor:	Mary Rose Bumpus, RSM, Ph.D.
Units: 3		Office:	Hunthausen #217
Prerequisite: STMM 561		Office Hours:	By Appointment (see below)
	Sp. and Prayer	Phone:	206-296-6958
	STMM 553	Email:	bumpusm@seattleu.edu
	Pastoral Care Skills		

Time and Place

Day:	Monday
Time:	9:00-11:50 a.m.
Place:	Hunthausen Hall 110
First Day of Class:	September 28, 2009
Last day of Class:	November 30, 2009

Auditors: Auditors must meet all requirements for this course: required reading, papers, class discussions, and exercises.

Course Description

This course is designed primarily for those who are interested in becoming spiritual directors. Those who would like to have a deeper understanding of spiritual direction may also register for this course. The course introduces participants to the art of spiritual direction and assists them in developing practical skills for this ministry. Participants will consider various approaches to spiritual direction, the nature and purpose of spiritual direction, its historical roots, and some dynamics of the process of direction. Participants will also have the opportunity to discern their own call to the ministry of spiritual direction.

STM Learning Outcomes

This course in the introduction to spiritual direction is a required course for students pursuing the MATS degree in the spiritual direction track. It also serves as an elective for those interested in gaining a significant understanding of the process and dynamics of spiritual direction or who are discerning a call to this ministry. This course is designed to assist students in helping to meet the following STM learning outcomes:

- Ability to reflect theologically on the central themes of the Christian Tradition
  - Students reflect theologically on classic assumptions about God and the human being.
  - Students write a paper comparing these assumptions with their own assumptions.
  - Students become familiar with the roots, traditions, and a variety of models of spiritual direction through reading and reflection.
- Knowledge of the interaction of religious/spiritual experience and culture in their ecumenical and multicultural dimensions
  - Students read spiritual direction texts written by men and women of different faith traditions and cultures (see bibliography).
  - Students have opportunities to accompany others in the class of various faith traditions and cultures.
- Ability to read scriptural texts critically
  - Students learn how to read scriptural texts critically in STMM 526 and STMM 527, Hebrew and Christian Scriptures. In this course students reflect upon the life of the Holy Spirit in biblical texts in order to notice the manifested life of the Spirit.
- Ability to draw critically and constructively on Christian moral traditions to lead toward a more just and sustainable world
  - Students study the ethical responsibilities of the spiritual director and the guidelines of ethical conduct delineated by Spiritual Directors International and other sources.
- Ability to articulate one's relationship with God, as it is informed by theological reflection in one's social context
  - Students have a spiritual director with whom they articulate this relationship.
  - Students read relevant texts and write a paper describing their experience of God in each arena of their lives (intra and interpersonal, systems and structures, nature, and culture).
- Ability to discern and nurture spiritual experience in relation to self and others
  - Students discern and nurture the presence of God in their own lives through consistent on-going spiritual direction, personal prayer, and a vibrant life of faith.
  - Students identify and nurture signs of the presence of God in the person and life story of other class participants in the context of contemplative listening praxis groups.
- Ability to articulate and live from an understanding of self as human, minister, and leader
  - Through reflection on theory, practice and assessment, students discern whether or not they have the basic skills and sensibilities to practice the art of spiritual direction. They write a paper on their sense of self as spiritual director, and they meet with the professor to discuss this self-assessment and to determine their readiness to proceed in the spiritual direction program.
- Ability to be a responsive, discerning listener who can enter another's worldview
  - Students learn and practice responsive listening skills.
  - They become acquainted with the relational nature of spiritual direction.
  - They begin to practice the complex responses of savoring and of solidarity in suffering.
  - They become acquainted with the role and power of the imagination as a vehicle of transformation in spiritual direction.
  - They reflect upon the roles of prayer and desire in the spiritual direction relationship.
  - They explore and engage the dynamics of the spiritual direction process.

Appointments

Please call or email for a specific appointment time. The office phone number is206-296-6958. I can also be reached by email: bumpusm@seattleu.edu. I am most often available on Monday afternoon and Tuesday morning.

Special Needs

If you have or think you may have a disability (including an "invisible disability" such as a learning disability, a chronic health problem, or a mental health condition) that interferes with your performance as a student in this class, you are encouraged to discuss your needs and arrange support services and/or accommodations through Disabilities Services staff in the Learning Center, Loyola 100, 206-296-5740.

Class Procedures

Class procedures will vary for each three hour class period and depend upon the nature of the course material and learning outcomes. In general, classes will contain lecture, discussion, contemplative listening group exercises, and spiritual direction praxis. There will be two short breaks during the class period of ten minutes each. Please respect this time and limit the break to ten minutes.

Course Requirements

1) Class attendance
2) Participation in small group exercises, dyads, and triads
3) Journal writing that reflects upon noticings of the signs or glimpses of the life of God in self and others as well as your growing understanding of the ministry of spiritual direction (see further description below)
4) Three 5-6 page reflection papers (see description and dates due below)
5) Interview (for those who desire to go on in the spiritual direction track of the MATS) During **Week of November 30**
6) Critical and engaged reading of texts and articles (see readings listed below)
7) A self-assessment of skills and sensibilities based on verbal and written feedback from class participants Due **November 30**

Journal

You are asked to keep a journal throughout the quarter. You are the only person who will read this journal. At the same time, your journal entries will be the basis for your final paper for the course. In this journal, make two types of entries. 1) After each class, write what you noticed about the signs or glimpses of the life of God as you heard the discussion and stories of other students in class. 2) As you do your reading for this class, jot down what you believe is important in shaping your own understanding of spiritual direction. Journal entries will be the basis for part of the third paper.

Papers

Paper I: Experience of God in Arenas of Life

This paper is primarily a personal reflection paper. It is intended to foster a broad understanding of the variety of arenas in life where we and our directees might experience God. Reflect upon moments when you have experienced meeting God intrapersonally, interpersonally, in and through systems or structures, in and through the environment, in and through culture. Describe how you have met God in each of these arenas. If you notice you have no experience of meeting God in one or more of these arenas, discuss what might be preventing such an encounter. You might also speak about your experience as a directee and how your current direction relationship has or has not been of assistance in expanding your horizons of the presence of God in your life. 5-6 pages.

Due: October 12

Paper II: Assumptions and Images of God and the Human Being

This paper is a synthesis paper. It is intended to invite you to reflect more deeply on the underlying assumptions you bring to spiritual direction about God and the human being. Describe some of the assumptions and images you have of God and the human being. Compare and contrast these assumptions and images with those of Johnson, Hart, Rahner, or any other course readings during your years at STM. 5-6 pages.

Due: October 26

Paper III: Call to and Understanding of the Ministry of Spiritual Direction

This paper represents part of an ongoing discernment process about your call and readiness for the ministry of spiritual direction and your understanding of this ministry. Reflect upon the journal you have been keeping during the quarter. 1) Describe what you have noticed as you have listened to others in the class. In particular, where did you notice signs of the life of God? 2) Explain your current understanding of the ministry of spiritual direction? 3) Write about your sense of your call to the ministry of spiritual direction? What is the basis for your discernment? 5-6 pages. For those who intend to proceed in the spiritual direction track of the MATS degree, this paper will provide the basis of a final interview with the instructor during the week of November 30th.

Due: November 23

Guidelines for Papers

Papers are to be typed, double-spaced, on one side of regulation size white paper. Please be exact about sentence structure, diction, spelling, grammar, and so forth. If you have trouble in this area, please ask someone to proof read the paper and then correct it before submitting.

When referring to course readings in papers, use the citation format of *The Chicago Manual of Style*, latest edition, or *The Publication Manual of the American Psychological Association*. If you use the footnote format of *The Chicago Manual of Style*, you do not need to add a bibliography. If you use the scientific notation of *The Publication Manual of the APA*, you need to include a bibliography at the end of the paper. A copy of either manual may be purchased in the SU bookstore.

Each paper may range from 5-6 pages in length with a font size of 12. Your promptness in submitting papers is not only appreciated but vital for the on-going development of the class. **If papers are late, I will grade them but will be unlikely to offer feedback.** *Please speak with me if you need time adjustments for serious reason.*

Criteria for Grading Papers

Each paper is different in nature and has different criteria for grading. Paper I is a personal reflection paper. Class participants should reflect upon their experience or lack of experience of God in each arena of life. They should also demonstrate an understanding of the breadth of the possibilities for the human experience of God. Paper II is a synthesis paper. Papers should demonstrate participants' careful reading and attention to the assumptions about, and images of, God and human beings found in course readings and class reflections. Papers should also reflect the participant's own assumptions about, and images of, God and human beings and offer a comparison or contrast to those illuminated by the course materials. Paper III is an integration paper. It asks you to respond to three questions. The response to the first ought to reflect one's authentic experience of the signs of God's life or presence experienced throughout the quarter through oneself and in relation to others. The response to the second should demonstrate a clear understanding of spiritual direction and one's careful and thoughtful attention to the course materials and conversations. The response to the third question needs to reflect the discernment of a call to the ministry of spiritual direction. It may be that you came into the course with only the desire to learn something about spiritual direction. This may continue to be the case or it may be that something else has been sparked in you during the course itself. It may be that you have had some sense of call to the ministry of spiritual direction and that this call has been confirmed or challenged by your experiences of self and others in the course. This section of the paper needs to reflect your sense of what you have discovered about yourself in relation to the ministry of spiritual direction and how you have come to this discovery. All three papers should reflect clarity of thought and appropriate writing skills for graduate level work.

Course Grade

¼ for class participation and demonstrated skills in small group work, ¼ for each of 3 papers

Schedule of Classes and Assigned Reading

September 28 ***Responsive Listening***

Introductory Matters – Syllabus, etc.
Active Listening
Contemplative Listening
Responsive Listening
Praxis in Contemplative/Responsive Listening

October 5 ***Glimpses and Signs of the Life of the Spirit***

What Is Experience?
Experience of God in the World Today: A Rahnerian Perspective
Arenas of Human Experience: Elizabeth Liebert
Experience of God: Biblical Perspectives on Life of the Spirit
Small Group Praxis – Contemplative/Responsive Listening

Required Reading Reader:

Burghardt, Walter. "Contemplation: A Long Loving Look at the Real."

Required Reading Books:

1. Bidwell, Duane R. *Short Term Spiritual Guidance*. Chapter 2, 13-25.
2. Bowen, Maria Tattu. "Dimensions of the Human Person in Relationship and the Practice of Supervision." In *Supervision of Spiritual Directors: Engaging in Holy Mystery*, 65-81.
3. Griffiths, Bede. "Winding the Golden String." In *The Inner Journey: Views from the Christian Tradition*, 14-19.
4. Keating, Thomas. "Awakening to the Present." In *The Inner Journey: Views from the Christian Tradition*, 46-53.
5. Liebert, Elizabeth. "Supervision as Widening the Horizons." In *Supervision of Spiritual Directors: Engaging in Holy Mystery*, 125-45.
6. Zaleski, Irma. "The Door to Joy." In *The Inner Journey: Views from the Christian Tradition*, 162-68.

October 12 ***Historical Perspectives on Practice of Spiritual Direction***

Biblical Foundations/Eastern Beginnings
Models of Direction
African-American Beginnings
Small Group Praxis – Contemplative/Responsive Listening

Required Reading Reader:
Ruffing, Janet. "Typological History of Spiritual Direction."

Required Reading Books:

1. Allen, Joseph. *Inner Way*. Preface, Foreword, Chapters 1 and 2, ix-57.
2. Kellemen, Robert W. and Karole A. Edwards. *Beyond the Suffering*. Introduction, Chapters 1-2, 13-58.

FIRST PAPER DUE

October 19 ***Theological and Anthropological Assumptions***

Assumptions about God and Human Beings:
Karl Rahner
Elizabeth Ann Johnson
Thomas Hart
Kellemen and Edwards
Small Group Praxis – Contemplative/Responsive Listening

Required Reading Reader:

1. Hart, Thomas. "Toward a Healthy Spirituality: Ten Guiding Principles."
2. Johnson, Elizabeth Ann. "Classical Theology."

Required Reading Books:

1. Kellemen, Robert W. and Karole A. Edwards. *Beyond the Suffering*. Chapters 3-4, pages 59-97.
2. Rahner, Karl. *Encounters with Silence*. Chapter I-III, 3-25.
3. Ware, Kallistos. "Image and Likeness." In *The Inner Journey: Views from the Christian Tradition*, 148-61.

October 26 ***What Is Spiritual Direction?***

Relationship: Hospitality, Compassionate Loving, Respect
Diversity
Mystery of Encounter
Small Group Praxis – Contemplative/Responsive Listening

Required Reading Reader:

Hart, Thomas, "Pastoral Counseling or Spiritual Direction: What's the Difference?"

Required Reading Books:

Phillips, Susan. *Candlelight: Illuminating the Art of Spiritual Direction*. Preface, Introduction, and Part One, xi-xiii, 1-18, 21-92.

SECOND PAPER DUE

November 2 ***The Process of Spiritual Direction***

Preparation
Initial Sessions
Dialogical Process
Ethical Issues
Small Group Praxis – Spiritual Direction

Required Reading Books:

Silver, Anne Winchell. *Trustworthy Connections: Interpersonal Issues in Spiritual Direction*. Chapters 1-7, Appendix 1 and 2, 1-79, 111-143.

November 9 ***Prayer and The Hopeful Imagination***

Imagination as Source of Transformation/Hopeful Imagination
Exercise: The Place God Comes to Meet Us
Small Group Praxis – Spiritual Direction

Required Reading Reader:

Gill, Jean, "Distractions in Prayer: Stumbling Blocks or Stepping Stones?"

Required Reading Books:

1. Bidwell, Duane R. *Short Term Spiritual Guidance*. Chapters 3 and 4, 26-51.
2. Phillips, Susan. *Candlelight: Illuminating the Art of Spiritual Direction*. Part Two, 95-162.

November 16 ***Desire***

Prayer in the Spiritual Direction Relationship
Befriending Our Desires
Desire as a Source of Transformation
Small Group Praxis – Spiritual Direction

Required Reading Reader:

Lane, Beldon. "Spirituality as the Performance of Desire: Calvin on the World as a Theatre of God's Glory."

Required Reading Books:

Sheldrake, Philip. *Befriending Our Desires*. Introduction, Chapters One through Four, 11-100.

November 23 ***Obstacles to Life in the Spirit/Obstacles to Effective Direction***

Desolation
Invitation of God/Challenge
Obstacles to Effective Direction: Significance of Culture
Small Group Praxis – Spiritual Direction

Instructor will be away on November 23, but class will convene as usual. Papers are due in professor's mailbox today.

Required Reading Reader:

Aufauvre, Brigitte-Violaine, "Depression and Spiritual Desolation." Reader

Required Reading Books:

1. Bamford, Christopher. "The Gift of the Call." In *The Inner Journey: Views from the Christian Tradition*, 2-11.
2. Hopko, Thomas. "Living in Communion." In *The Inner Journey: Views from the Christian Tradition*, 179-92.
3. Kellemen, Robert W. and Karole A. Edwards. *Beyond the Suffering*. Chapters 5-7, 99-170.
4. Steindl-Rast, David. "Become What You are." In *The Inner Journey: Views from the Christian Tradition*, 66-79.
5. Steindl-Rast, David. "Learning to Die." In *The Inner Journey: Views from the Christian Tradition*, 236-49.

THIRD PAPER DUE

November 30 ***Purpose of Spiritual Direction/Endings***

Purpose of Spiritual Direction
Ending of Direction Relationships

Small Group Praxis – Spiritual Direction
Closing and Evaluation

Required Reading Books:

1. Bidwell, Duane R. *Short Term Spiritual Guidance*. Chapter 6, 69-83.
2. Phillips, Susan. *Candlelight: Illuminating the Art of Spiritual Direction*. Part Three and Conclusion, 165-252.

Required Reading

Reader

Aufauvre, Brigitte-Violaine. "Depression and Spiritual Desolation." *The Way*, vol. 42:3 (2003), 47-56.

Bumpus, Mary Rose. Compiler. "Select Bibliography on Spiritual Direction and Related Topics."

Burghardt, Walter. "Contemplation: A Long Loving Look at the Real." *Church* (Winter 1989), 14-18.

Gill, Jean. "Distractions in Prayer: Stumbling Blocks or Stepping Stones*?" Presence: An International Journal of Spiritual Direction*, vol. 3:1 (January 1997), 6-18.

Hart, Thomas. "Toward a Healthy Spirituality: Ten Guiding Principles." Chapter 3 in *Hidden Spring*. New York: Paulist Press, 1999, 37-55.

_____. "Pastoral Counseling or Spiritual Direction: What's the Difference?" *Presence: An International Journal of Spiritual Direction*, vol. 11:2 (June 2005), 7-13.

Johnson, Elizabeth Ann. "Classical Theology." Ch. 6 in *SHE WHO IS: The Mystery of God in Feminist Theological Discourse*. New York: Crossroad, 1992, 104-20.

Lane, Beldon. "Spirituality as the Performance of Desire: Calvin on the World as a Theatre of God's Glory." *Spiritus*, vol. 1, no. 1 (Spring 2001), 1-30.

Ruffing, Janet. "Typological History of Spiritual Direction." Introduction in *Uncovering Stories of Faith*. New York/ Mahwah, NJ: Paulist Press, 1989, 1-20, 146-155.

Books

Allen, Joseph J. *Inner Way: Toward a Rebirth of Eastern Christian Spiritual Direction*. Brookline, MA: Holy Cross Orthodox Press, 2000, 1-57.
ISBN: 1-885652-34-8

Bidwell, Duane R. *Short Term Spiritual Guidance*. Creative Pastoral Care and Series. Minneapolis: Fortress Press, 2004, 1-51, 69-83.
ISBN 0-8006-3658-9

Bumpus, Mary Rose and Rebecca Langer, editors. *Supervision of Spiritual Directors: Engaging in Holy Mystery*. A Spiritual Directors International Book. Harrisburg/London: Morehouse Publishing, 2006, 65-81, 125-145.
ISBN: 0-8192-1994-0

Kellemen, Robert W. and Karole A. Edwards. *Beyond the Suffering: Embracing the Legacy of African American Soul Care and Spiritual Direction*. Grand Rapids, MI: Baker Books, 2007, 13-170.
ISBN 0801068061

Kisly, Lorraine, ed. *The Inner Journey: Views from the Christian Tradition*. Parabola Anthology Series. Sandpoint, IN: Morning Light Press, 2006:

Christopher Bamford, "The Gift of the Call," 2-11.
Bede Griffiths, "Winding the Golden String," 14-19.
Thomas Hopko, Living in Communion," 179-192.
Thomas Keating, "Awakening to the Present,"46-53.
David Steindl-Rast, "Become What You Are," 66-79.
David Steindl-Rast, "Learning to Die," 236-249.
Kallistos Ware, "Image and Likeness," 148-161.
Irma Zaleski, "The Door to Joy," 162-168.

ISBN 978-1-59675-008-1

Phillips, Susan. *Candlelight: Illuminating the Art of Spiritual Direction*. Harrisburg, PA: Morehouse Publishing, 2008.
ISBN 978-0-8192-2297-8

Rahner, Karl. *Encounters with Silence*. 2nd Rev. Ed. Trans. James M. Demske. South Bend, Indiana: St. Augustine's Press, 1999, 3-25.
ISBN 978-1890318222

Sheldrake, Philip. *Befriending Our Desires*. 2 Rev. Ed. London: Darton, Longman & Todd, Ltd., 2002, 1-100.
ISBN 978-0232524468

Silver, Anne Winchell. *Trustworthy Connections: Interpersonal Issues in Spiritual Direction*. Cambridge, MA: Cowley Publications, 2003, 1-79, 111-143.
ISBN: 1-56101-252-1