THE MINISTRY OF SPIRITUAL DIRECTION

The Center for Spiritual Formation, Inc.

333 S. Spring Garden St, Carlisle, PA 17013

TEL (717) 245-1512 ext. 1006 Email: centerformation1@gmail.com

Website: [www.centerformation.org](http://www.centerformation.org)

(updated 12/2020)

DESCRIPTION: The Ministry of Spiritual Direction is a two-year training course which assists laity & clergy to sharpen their listening skills, clarify their graces, and acquire the disciplines essential for caring for souls in love.

YEAR ONE: Focuses on the history, traditions & models, Biblical roots & theological foundations of Spiritual Direction. It stresses the differences between psychological counseling and Spiritual Direction, and demonstrates a contemplative approach to God.

YEAR TWO: Focuses on the actual practice of Spiritual Direction: developing listening & assessment skills; becoming familiar with displacement & projection, transference & countertransference; acquiring a working knowledge of the life stages of faith development; cultivating an increased awareness of the power of prayer & healing; and learning the importance of supervision.

OUTCOME:

The Ministry of Spiritual Direction will:

1. Provide basic instruction in sensitivity toward, & insight into the workings of the Holy Spirit;

2. Advocate the need for a greater connectedness between the inner life of The Spirit and the outer life of faithfulness to the Spirit's direction;

3. Invite trainees to develop a greater willingness to relate to all types of people;

4. Equip trainees to deal with strong emotions, and maintain relationships over time;

5. Assist trainees to establish and maintain appropriate boundaries within the Spiritual Direction relationship;

6. Facilitate a deepening prayer life & a greater contentment with Silence and Solitude;

7. Challenge trainees to costly discipleship & speaking the truth in love;

8. Require trainees to undergo Spiritual Direction & aid them in accepting personal weaknesses as the basis for compassion.

CALENDAR: [Beginning in September, see website for current calendar]

Each year consists of twelve monthly sessions, usually on the second weekend of the month. Sessions begin on Fridays at 6:30PM and continue through Saturday afternoon. Each year there are two optional opportunities for an extended silent retreat through Sunday afternoon. Trainees must devote additional time to study & prayer and receive Spiritual Direction at least once a month. During Year Two, each trainee should offer Spiritual Direction to one person, once a month.

All sessions are currently held online due to COVID-19. When conditions allow it, sessions for a limited number of in-person students are held at Orchard Hill, near Millerstown, PA 17062. Take PA 22-322 to the Millerstown, PA Exit; Proceed into Millerstown, and at the Square, turn Right onto Route 17 East [Sunbury Trail]. Proceed 1.2 miles to Orchard Way. Turn Left and proceed one mile up the mountain.

COST: Year One: $1,600.00 per year in four installments, plus a one-time $50.00 application fee = $1,650 [$50 fee due with application; $400 per installment];

Year Two: $1,600.00 [four installments of $400.00]

STEPS TO ENROLLMENT:

1. Complete application form, below, or call with questions, 717-249-1512, x1006 or email centerformation1@gmail.com

2. Secure two recommendations, one from a layperson and one from a minister.

Staff:

Lindsay Zubel, Registrar

Cynthia Willis, Program Director

Russell Hart, Dean Emeritus

Kathy Harvey Nelson, Center Director

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APPLICATION: [Use reverse side, or additional sheets as needed]

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ZIP\_\_\_\_\_\_

Telephone: (H)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(cell w/text capability)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Educational Background:

Occupational History Outline:

Significant facts about yourself:

Congregation [including denomination]:

Briefly explain why you are applying for enrollment in THE MINISTRY OF SPIRITUAL DIRECTION:

State, if applicable, the response/attitudes of your spouse/immediate family toward your interest in this program:

Is your pastor and congregation aware of your interest? What is their response?

Name a group/organization which actively supports your spiritual growth and calls you to accountability in your relationship with God:

Describe your spiritual journey over the last year:

Have you ever received Spiritual Direction? YES NO If yes, for how long?

Have you ever given Spiritual Direction? YES NO If yes, for how long?

What do you expect to gain from this course?

Are you willing and able to commit to a training course which involves prayer, study, self-reflection, peer review, practice of the Spiritual Disciplines, exposure to new ideas, travel to overnight meetings, and the expense?

Do you have any questions about this course?

Secure two recommendations using the form provided.

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RECOMMENDATION FOR ENROLLMENT:

(NAME) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is applying for enrollment in a training program of the Center For Spiritual Formation, Inc. called THE MINISTRY OF SPIRITUAL DIRECTION, which is a two-year course of Biblical and theological instruction, self-assessment and practice in the care of souls. Please complete this recommendation and return via email to centerformation1@gmail or mail it to this address:

Lindsay Zubal, Registrar

The Ministry of Spiritual Direction

c/o The Center for Spiritual Formation, Inc.

333 S. Spring Garden Street,

Carlisle, PA 17013 TEL (717)245-1512 ext 1006

Your name, address, email address & telephone number:

How long have you known this person, and in what capacity? Describe him/her.

Do you recommend him/her for this course and the ministry of the care of souls?

Why or why not?

What evidence of a growing relationship with God do you see in him/her?

Do you believe s/he can sustain a commitment that involves prayer, study, self-reflection, peer review, the practice of the Spiritual Disciplines, and exposure to new ideas?

Other comments (use reverse as needed)