

## **THE MINISTRY OF SPIRITUAL DIRECTION**

The Center for Spiritual Formation, Inc.

333 S. Spring Garden St, Carlisle, PA 17013

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### **DESCRIPTION:**

The Ministry of Spiritual Direction is a two-year training course which assists laity and 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 and models, biblical roots and 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 and assessment skills; becoming familiar with displacement and projection, transference and countertransference; acquiring a working knowledge of the life stages of faith development; cultivating an increased awareness of the power of prayer and healing; and learning the importance of supervision.

### **OUTCOME:**

The Ministry of Spiritual Direction will ...

1. Provide basic instruction in sensitivity toward and 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 and a greater contentment with Silence and Solitude;
7. Challenge trainees to costly discipleship and speaking the truth in love;
8. Require trainees to undergo Spiritual Direction and aid them in accepting personal weaknesses as the basis for compassion.

## **CALENDAR:**

(The current calendar is available on our website for your review.)

Due to COVID-19, the Ministry of Spiritual Direction program is being held completely online. Prior to the pandemic, a limited number of spaces were available for in-person study at Orchard Hill Retreat Center, located near Millerstown, PA (17062). We have also hosted cohort gatherings in Orlando, FL and Wilmore, KY. Other students from across the country join the program through Zoom.

Each year consists of twelve monthly sessions, usually held on the second weekend of the month. The Friday evening peer group session begins at 6:30 PM and usually ends around 8:30 PM. The Saturday session begins with Holy Communion at 8:15 AM, and ends no later than 3:30 PM.

Trainees must devote additional time to study and prayer and receive Spiritual Direction at least once a month. In addition, during Year Two, each trainee should offer Spiritual Direction to one person, once a month.

## **COST:**

Year One: \$1,600.00 per year in four installments,  
plus a one-time \$50.00 non-refundable application fee due with application  
TOTAL of \$1,650 [\$50 application fee, \$400 per installment]  
Year Two: \$1,600.00 [four installments of \$400.00]

## **STEPS TO ENROLLMENT:**

1. Download, complete and return the application. You can email the completed application to [msdregistrar@gmail.com](mailto:msdregistrar@gmail.com). If you have any questions, please email or call 717-249-1512, x1006.
2. Pay the non-refundable application fee of \$50. Your application will be processed when the fee has been received. You can make your payment on the website using Paypal, or you may mail it to The Center of Spiritual Formation, at 333 S. Spring Garden St, Carlisle, PA 17013.
3. Secure two recommendations, one from a layperson and one from a minister. These recommendation forms are available on the website.

## **STAFF:**

Kathy Harvey Nelson, Center Director  
Lindsay Zubal, Registrar  
Lisa Klinger, Center Administrative Assistant