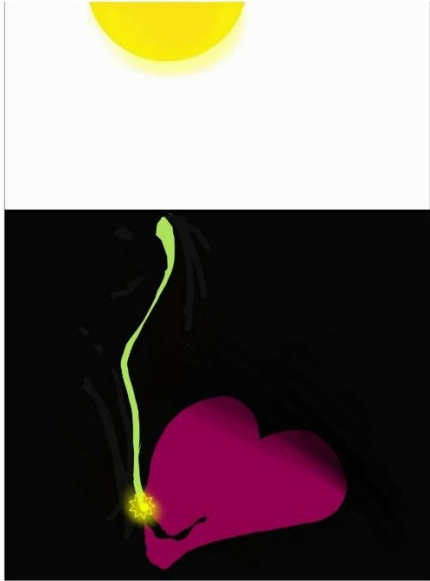


CENTER FOR SPIRITUAL FORMATION

LENT 2023



LAMENT & GRIEF: A PROFESSIONAL DEVELOPMENT SERIES FOR SPIRITUAL DIRECTORS

*Join us for this special online series
focusing on lament and grief as we learn and share
in community over the weeks of Lent.*

Learning Focus: Together we will explore death in the work of spiritual direction with an emphasis on grief and lament as both the spiritual director and directee. Led by host Rev. Laura Baber and special guests, this series features the lament of the spiritual director and grieving our work. Each session incorporates prayer, reflection, dedicated teaching, and connection in shared community as we gather weekly throughout this impacting series.

Image by Wendy Duke

Session I

Date: Monday, 2/20/23, 6:30 – 8:00 PM, online via Zoom

Topic: *Distinguishing the Dark Night in Relationship to Grief and Depression, facilitator Russell Hart*

The work of a spiritual director can help to illuminate the narrow path of the spiritual journey when God seems far away or silent. This session will explore some of the nuanced distinctions of the dark night of the soul, grief and depression.

Session II

Date: Monday, 2/27/23, 6:30 – 8:00 PM, online via Zoom

Topic: *Lament of Our Work as Spiritual Directors, facilitator Laura Baber*

The gift of compassion is at the heart of spiritual direction. We journey with others into the depths of their pain. Lament is a life-giving spiritual rhythm for director but sometimes we need help to let the stories go. This session will offer guidance and space for the development and design of personalized lamenting prayers.

Session III

Date: Monday, 3/6/23, 6:30 – 8:00 PM, online via Zoom

Topic: *Helping Our Directees Lament in Session, facilitator Laura Baber*

Guiding a spiritual directee through the tender experience of a lamenting prayer is a honed skill. This session will offer tips and practice for the gentle and compassionate practice of guided lament prayer in spiritual direction.

Session IV

Date: Monday, 3/13/23, 6:30 – 8:00 PM, online via Zoom

Topic: *Creating Transitions and Facilitating Conversations When a Relationship Is Entering a New Season*

Change is constant in the work of spiritual direction. Sometimes spiritual directors need to have hard conversations with their directees about behavior, referrals, mental health, and other needs. This session will explore candid yet kind ways to have honest conversations about difficult topics.

Session V

Date: Monday, 3/20/23

Topic: *Writing A Spiritual Direction Will – Creating Transition and Ending a Relationship with a Directee, facilitator Laura Baber*

The death of a spiritual director is a traumatic event in the life of their directees. Preparing for that potential is a gift of compassion in our vocation. This session will help directors begin preparation for writing a spiritual director's will and plan for end of life in regards to our relationships with directees.

Session VI

Date: Monday, 3/27/23, 6:30 – 8:00 PM, online via Zoom

Topic: *A Celebration of Life and Communion Service, facilitator Ashleigh Gonzalez*

In this gathering, we will process this Lenten journey in community. There will be space for sharing the impact of these weeks together in our sacred circle. We will close with Holy Communion.

Cost for series: Center for Spiritual Formation MSD Grads \$40 and Non-Grad \$50

Continuing Education Credits, 0.75 for the series (0.15 each session)

Register at <https://centerformation.org/event/for-spiritual-directors-weekly-gatherings-during-lent-focusing-on-grief-and-lament-via-zoom/>