



## January 2021 Sessions

# PROGRAMS IN SPIRITUAL DIRECTION AND FORMATION

## Entering Students

### SESSION ONE: JAN. 12–16, 2021

#### Contemplative Listening

Dr. Daeseop Yi and Scott Quinn



Contemplative Listening is a meditative discipline that roots our deep listening to one another in listening to the divine. It is listening from the heart to the heart of another. The class is rooted in contemplative practice but focuses on the practice of listening in small groups, dyads, and triads. Students will experience deep listening to themselves, to each other, and to the Spirit. This session is offered as the pre-requisite for further work in our programs in the Art of Spiritual Direction.

### SESSION TWO: JAN. 19–23, 2021

#### Fundamentals of Spiritual Direction

Dr. Maria Bowen and Dr. Susan Phillips



This session is the continuation of the Contemplative Listening course and is required of new Certificate and Diploma students. It provides basic theory and practice for the work of spiritual direction, including practical matters such as how to design the first meeting with a directee and professional ethics.

Students will begin to practice spiritual direction with one another in small groups guided by a professional supervisor. Participation in this session is a prerequisite before spiritual direction students can begin to practice spiritual direction.

*"The Holy Spirit is our harpist,  
And all strings  
Which are touched in Love  
Must sound."*

—Mechthild of Magdeburg

At San Francisco Theological Seminary, we celebrate the depth and beauty of the human spirit in its many cultural and religious expressions. We understand spiritual direction as a way to participate in mending of hearts and society. Our spirituality programs rest on the belief that we are called to awaken our hearts to others through practice, study, and community.

Programs in the Art of Spiritual Direction include both a diploma and a certificate. These sessions are designed for both programs. Diploma students will sign up for 1.5 academic credits. Certificate students will sign up for 0 credits. All classes are Credit/No Credit.

# Returning Students

## SESSION ONE: JAN. 12–16, 2021

### Spiritual Practices for Spiritual Direction II

*Dr. Wendy Farley, supported by Ineda Adesanya and Naisa Wong*



This class emphasizes the importance of personal formation to ground the vocation of spiritual direction. We will reflect on practices we know and explore new styles of practice. Deepening our relationship to the divine Beloved, we become more compassionate and hospitable to the people and situations we encounter. This class will introduce theological principles of formation and experiment with several kinds of spiritual practice, including the ancient wisdom of "guarding the heart," contemplative practices of the Black Church, Africana spirituality, Asian-American spirituality, spiritual practice and the body, and using art as a spiritual practice.

## SESSION TWO: JAN. 19–23, 2021

### Discernment

*Dr. Elizabeth Liebert*



Dr. Elizabeth Liebert, one of the original Directors of the Program in Christian Spirituality at SFTS, continues her popular teaching with study of the theory and practice of discernment. Students will be able to deepen the practice of discernment in their own lives and also use these practices in their work with directees. This class is designed for second and third year Diploma and Certificate students.

## ALL STUDENTS

### Panel on Multi-Cultural Issues

During the first week, both entering and returning students will participate in a panel exploring the theme of hospitality to diversity and spiritual direction in our multi-cultural society.

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## REGISTER TODAY

[gpe.redlands.edu/apply](http://gpe.redlands.edu/apply)

Deadline for Registration:

November 1, 2020

International Students: October 1, 2020

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## Session Costs

### Diploma

#### Session One

Non-residential: \$1,560  
Residential: \$1,980

#### Sessions One and Two

Non-residential: \$3,080  
Residential: \$3,920

### Certificate

#### Session One

Non-residential: \$1,440  
Residential: \$1,860

#### Sessions One and Two

Non-residential: \$2,880  
Residential: \$3,720

### Meals

Communal lunch is included in the program fee. Those who elect to lodge on campus will have access to self-serve breakfast items.

### Housing

Dorm-style housing is available at Baird Hall. The deadline for registering for housing is December 18, 2020.

New Students: Please register for the program before securing housing. Redlands will issue you a Redlands email which you will need to register for housing.

Returning Students: (or if you already have a Redlands email) Please use your Redlands email to register for housing.

## Questions?

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