



January 2020 Sessions

PROGRAMS IN SPIRITUAL DIRECTION AND FORMATION

Session One: Jan. 7–11, 2020

Contemplative Listening

Dr. Daeseop Yi and Scott Quinn



Contemplative Listening is a meditative discipline that helps us listen closely to what is said and not said. It is listening from one's heart to the heart of another. In groups, we will engage in a variety of contemplative practices that will help us listen and engage with others. This session is offered as the prerequisite for further work in our programs in the

Art of Spiritual Direction. This session has the option of 1.5 credit hours additional academic study for those who are working toward a diploma. This session is also open to the wider community as a spiritual retreat. (*Diploma/Certificate/Retreat*)

Spiritual Formation for Spiritual Direction

Dr. Wendy Farley



Spiritual direction is rooted not only in what one learns in a classroom, but also to an ongoing commitment to forming a practice. This class will provide opportunities to encounter several models of spiritual practice while also engaging in different forms of meditation, art, chant, and body prayers. By deepening our personal practice, we will learn to "guard the heart," inspire the spirit, welcome diversity, and remain more vibrantly present to

others. Readings will be sent out in advance.

"I've learned. I've grown. I have new insight. I have a new way of seeing things and seeing myself, as I seek to be of service to others."

— Jeralyn Major, D.A.S.D. Student

We at San Francisco Theological Seminary, now part of the University of Redlands Graduate School of Theology, 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 can be credited for either program.



Session Two: January, 2020

Discernment • Jan 13-17

Dr. Elizabeth Liebert



Dr. Elizabeth Liebert is one of the original directors of the Program in Christian Spirituality. She continues her popular course on the theory and practice of discernment. This class is designed for second- and third-year diploma and certificate students, and includes a 3-credit academic credit option. Course materials will be sent out in advance so students can come prepared for further study and deeper practice in their own discernment and in their work with their directees. *(Diploma/Certificate)*

Fundamentals of Spiritual Direction • Jan 13-18

(Foundation course for all Spiritual Direction students)

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. In addition to daily supervised practice sessions each afternoon, there will be a panel on multicultural and multiracial issues in spiritual direction. Participation in this session is a prerequisite before spiritual direction students can begin to practice spiritual direction. *(Diploma/Certificate)*

REGISTER TODAY

gpe.redlands.edu/apply

Deadline: Nov. 8, 2019



105 Seminary Road, San Anselmo, CA 94960

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

Supervision Fee

\$320 paid directly to supervisor

Meals

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

Questions?

Kristin Dableo-Martel

Associate Director for Enrollment
University of Redlands

Graduate School of Theology

kristin_dableomartel@redlands.edu

(415) 451-2831