

*“The mission of Tyndale Seminary is to provide Christ-centred graduate theological education for leaders in the church and society whose lives are marked by intellectual maturity, spiritual vigour and moral integrity, and whose witness will faithfully engage culture with the Gospel.”*

|                          |  |
|--------------------------|--|
| <b>Course</b>            | <b>SPIRITUAL DIRECTION INTERNSHIP I &amp; II</b><br>SPIR 0710 / 0711   |
| <b>Date and Time</b>     | SEPTEMBER 16 – DECEMBER 9, 2020 / JANUARY 13 – APRIL 7, 2021<br>WEDNESDAY, 2:15 – 5:05 PM<br><br>ORIENTATION DAY: <b>WEDNESDAY, SEPTEMBER 9, 10:00 AM-12:30 PM.</b>  |
| <b>Instructor</b>        | <b>SHARON BRADIMORE, MDiv, STM, CSD, CSDS</b><br>Email: <a href="mailto:sbradimore@tyndale.ca">sbradimore@tyndale.ca</a><br><br><b>Jody Chu, MTS, CSD.</b> Email: <a href="mailto:chuchunyin@mytyndale.ca">chuchunyin@mytyndale.ca</a><br><b>Vivian Chu-Chen, MTS, CSD.</b> Email: <a href="mailto:chuchenviva@mytyndale.ca">chuchenviva@mytyndale.ca</a><br><b>Wilma Clarke, MTS, CSD.</b> Email: <a href="mailto:wclarke@tyndale.ca">wclarke@tyndale.ca</a><br><b>Dr. Sarah Patterson, BA, BJourn, MTS, DMin, CSD.</b> Email: <a href="mailto:spatterson@tyndale.ca">spatterson@tyndale.ca</a> |
| <b>Class Information</b> | The classes will be livestreamed on Wednesday 2:15 PM–5:05 PM.<br><br>Office Hours: by appointment.  |
| <b>Course Material</b>   | Access course material at <a href="http://classes.tyndale.ca">classes.tyndale.ca</a><br>Course emails will be sent to your @MyTyndale.ca e-mail account only.<br><a href="#">Learn how to access and forward emails to your personal account.</a>  |

## I. COURSE DESCRIPTION

Designed for those seeking to become certified spiritual directors. Students learn the art and practice of spiritual direction through weekly practices of soul care, teaching, supervised in-class sessions, individual supervision, and by providing bi-weekly spiritual direction to directees. Through these multi-faceted experiences, students explore their capacity to help others attend to God’s presence in their lives while living out a theology of love for God, self and others. The

two courses run consecutively from September to April. Students must register for both courses.

*Prerequisites: SPIR 0700, SPIR 0610, SPIR 0609, SPIR 0601; Successful interview with the instructor (prior to June 30 for the following Fall semester); Evidence of having met with a Spiritual Director for at least one year; Three references submitted to the internship instructor. Limited enrolment.*

## **II. LEARNING OUTCOMES**

At the end of the course, students will be able to:

1. Formulate a theological and biblical foundation for the practice of spiritual direction and practice theological reflection as the basis for ongoing conversion.
2. Employ hospitable, deep listening as a means helping others attend more deeply to God's presence and leading in their lives.
3. Appraise and employ wisdom from key authors and literature pertaining to the ancient roots and contemporary practices of spiritual direction.
4. Explain key components related to spiritual formation and direction, including but not limited to the contours of a healthy growing faith and spiritual pathways; deepening intimacy and prayer, God image, discernment, self-image and self-awareness; theological reflection, sin, suffering, forgiveness and healing; community, cultural sensitivity and growth "for the sake of others" (*Reference: Spiritual Direction Competencies, 2020-2021*).
5. Practice listening prayer, ongoing reflection and supervision as essential to personal maturation and integrity of practice.
6. Recognize one's gifts and growing edges, posture and ongoing discernment related to the (ongoing) call of spiritual direction.

## **III. COURSE REQUIREMENTS**

### **A. REQUIRED READING**

#### **Summer Reading:**

Miller, Wendy. *Jesus, Our Spiritual Director*. Nashville: Upper Room Books, 2004.  
*See Moodle forum for questions, to be answered by Sept. 30.*

#### **Fall Reading:**

Bakke, Jeanette A. *Holy Invitations*. Grand Rapids: Baker, 2000.

Hoare, Liz. *Using the Bible in Spiritual Direction*. New York: Morehouse Pub., 2015.

Hagberg, Janet O. & Robert A. Guelich. *The Critical Journey: Stages in the Life of Faith*. Salem, WI: Sheffield Pub. Co., 2005. (Chapters 1-4 only)

Job, Reuben P. & Norman Shawchuck. *A Guide to Prayer for All God's People*. Nashville, TN: The Upper Room, 1994.

#### **Winter Reading:**

Johnson, Jan, *Invitation to the Jesus Life; Experiments in Christlikeness*. Colorado Springs, CO: NavPress, 2008.

Hagberg, Janet O. & Robert A. Guelich. *The Critical Journey: Stages in the Life of Faith*. Salem, WI: Sheffield Pub. Co., 2005. (Chapters 5 – end).

Job, Reuben P. & Norman Shawchuck. *A Guide to Prayer for All God's People*. Nashville, TN: The Upper Room, 1994. (*on-going*)

#### **B. SUPPLEMENTARY / RECOMMENDED READING AND TOOLS**

Calhoun, Adele Ahlberg. *Spiritual Disciplines Handbook (revised & expanded)*. Downers Grove: IVP, 2015.

Mulholland, Robert. *Invitation to a Journey*. Downer Grove: IVP, 1993.

Nouwen, Henri. *Spiritual Direction*. New York: Harper Collins, 2006.

Articles related to in-class teaching and topics arising within spiritual direction sessions are posted weekly to the class page (Moodle). This helps familiarize you with what a wide range of historical and contemporary authors have written about spiritual direction. These articles plus the bibliography provide resources for your reflection/research assignments.

#### **Online research resources**

[www.archive.org](http://www.archive.org).

[National Emergency Library](#)

[Open Access Digital Theological Library](#)

Tyndale recommends [www.stepbible.org](http://www.stepbible.org) – a free and reputable online resource developed by Tyndale House (Cambridge, England) – for word searches of original-language texts, as well as for topical searches, interlinear texts, dictionaries, etc. Refer to the library for other [online resources for Biblical Studies](#).

### C. INTERACTIVE LIVESTREAM AND/OR HYBRID COURSE REQUIREMENTS

- Livestream attendance at announced times
- Headphones (preferred), built-in microphone, and web-camera
- Well-lit and quiet room
- Stable high-speed internet connection, preferably using an Ethernet cable over Wi-Fi
- Familiarity with Zoom and Moodle (Zoom link and class handout will be posted within Moodle)

### D. ASSIGNMENTS AND GRADING

1. This is an internship for spiritual direction in formation. Interns are required to attend and fully participate in all scheduled classes: Wednesdays, 2:15-5:05PM. Also required: attendance and participation at the orientation class on **September 9, 2020 (10:00 am – 12:30)**
2. Interns are required to offer spiritual direction to a minimum of five (5) “Directees” outside class hours on a bi-weekly basis (a minimum of 30 hours per semester). Those wishing to meet with more than eight (8) Directees require permission from the Instructor. (Note: All accrued supervised hours will be credited towards the CSD designation).
3. Interns are required to continue receiving personal spiritual direction on a regular basis. It is a prerequisite to have received spiritual direction for the immediate year before the practicum and to continue in receiving individual spiritual direction throughout the Practicum year. Retreat in Daily Life (**RDL**) fall dates to be confirmed. The RDL will substitute for personal spiritual direction and a retreat in the Fall Term.
4. Interns are required to prepare and present for triads with supervision.
5. Interns will send their assigned Supervisor reflective work per class guidelines on the Friday before their supervision appointment (*grace day: Saturday*).
6. Fall Semester: in-class practice and discussion plus three brief reflection + horizon analysis papers. Winter Semester: developing facility with the CRF (Contemplative Reflection Form); continued in-class practice, discussion and written work. **Due: On-going throughout the term**
7. Forums: Share resources and questions with other Interns (top of class page). Occasional forum questions will be posted for class responses.
8. Submit a 9-11 page 2-part reflection and research paper (See Section D of this syllabus regarding Guidelines) at the end of **Fall Term**: a) continue to reflect on your personal

prayer and experience and b) research into an area for deeper study and growth emerging from your practice of spiritual direction from September-December. **DUE December 16, 2020**

9. Submit a 18-20 page 3-part paper including personal and theological reflection (4 pages), research related to emerging questions and or area/s of competency as a spiritual director (9-11 pages) plus learning drawn from your CRFs (6-8 pages). These should highlight personal transformation and growth, skill development throughout the year and ongoing, personal discernment of the ministry of spiritual direction. It can draw from class soul care, teaching, reading and research discoveries, triad work and supervision, the prayer guide, journaling and ongoing reflection during the **Winter Term**. Lastly, it should identify how you have been personally challenged and transformed through your time at Tyndale highlighting your internship year and practices you have incorporated into your rhythm of life. A final paragraph should identify what you see as your calling, passion and focus of ministry. This serves as a personalized mission statement for you. Attach the completed chart below which identifies your accumulated internship hours as part of the paper. Additional details will be given in class. **DUE April 14, 2021**

10. **Competency Interview** the week of **April 19-22, 2021** (*by appointment*).

#### E. EQUITY OF ACCESS

Students with permanent or temporary disabilities who need academic accommodations must [contact](#) the [Accessibility Services](#) at the [Centre for Academic Excellence](#) to [register](#) and discuss their specific needs. *New students* must self-identify and register with the Accessibility Office at the beginning of the semester or as early as possible to access appropriate services. *Current students* must renew their plans as early as possible to have active accommodations in place.

#### F. SUMMARY OF ASSIGNMENTS AND GRADING

This is pass/fail course.

| COMPONENT                   | Fall 2020                                  | Winter 2021                                |
|-----------------------------|--|--|
| Individual supervision      | 3 hr                                       | 3 hr                                       |
| Group supervision of D'r    | 3 hr                                       | 3 hr                                       |
| Giving individual direction | Track accumulated hours per class hand-out | Track accumulated hours per class hand-out |
| Retreat                     | RDL - required                             | 24-hour individual - required              |

|   |   |   |
|---|---|---|
| Personal direction received             | RDL substitutes for this                                  | 3 sessions w/your own D'r                                 |
| Personal Devotional Life and Journaling | Daily text: <i>A Guide to Prayer for All God's People</i> | Daily text: <i>A Guide to Prayer for All God's People</i> |
| Reading: Class texts / posts            | ongoing   | ongoing   |

Evaluation is based upon the completion of the following assignments:

|  |      |
|--|------|
| Reflection paper + Horizon Analysis (3 per term)       | 18%  |
| Fall Term research paper                               | 10%  |
| 6 Contemplative Reflection Forms (CRF) for supervision | 18%  |
| Winter Term research and CRF competency paper          | 20%  |
| Recommendation of your supervisor                      | 12%  |
| Class/Triad participation                              | 12%  |
| Forums   | 10%  |
| Total grade  | 100% |

## G. GENERAL GUIDELINES FOR THE SUBMISSION OF WRITTEN WORK

All written work must be emailed to the Instructor at [sbradimore@tyndale.ca](mailto:sbradimore@tyndale.ca) using this format **ONLY** for naming file attachments: name, title, date (e.g. TSmith, Reflection Paper 1-Oct 2020).

For proper citation style, consult the [Chicago-Style Quick Guide](#) (Tyndale e-resource) or the full edition of the [Chicago Manual of Style Online](#), especially [ch. 14](#). For citing scripture texts, refer to sections [10.44 to 10.48](#) and [14.238 to 14.241](#).

### Academic Integrity

Integrity in academic work is required of all our students. Academic dishonesty is any breach of this integrity, and includes such practices as cheating (the use of unauthorized material on tests and examinations), submitting the same work for different classes without permission of the instructors; using false information (including false references to secondary sources) in an assignment; improper or unacknowledged collaboration with other students, and plagiarism. Tyndale University takes seriously its responsibility to uphold academic integrity, and to penalize academic dishonesty.

Students are encouraged to consult [Writing Services](#). Citation and other [tip sheets](#).

Students should also consult the current [Academic Calendar](#) for academic policies on Academic Honesty, Gender Inclusive Language in Written Assignments, Late Papers and Extensions, Return of Assignments, and Grading System.

### **Research Ethics**

All course-based assignments involving human participants requires ethical review and may require approval by the [Tyndale Research Ethics Board \(REB\)](#). Check with the Seminary Dean's Office ([aa@tyndale.ca](mailto:aa@tyndale.ca)) before proceeding.

## **IV. COURSE SCHEDULE, CONTENT AND REQUIRED READINGS**

### **SPIR 0710 - Fall 2020**

**Note: check for further readings posted to Moodle/Class Page.**

#### **Sept 9: Orientation Day**

- Attendance is mandatory; we will cover the essentials of accepting Directees and your first session as a Director.
- Download and work through *Handbook for Tyndale Spiritual Direction Interns* (see Moodle).
- Discussion:
  - o *How has God invited you to tend your soul in preparation for the upcoming spiritual direction internship?*

#### **Sept 16/Round 1.1: What is spiritual direction? Who is a spiritual director?**

- Reading: Bakke, Ch. 1; Hoare, Ch. 1, 3, 7
- Spiritual Direction Competencies 2020-2021 (Moodle)
- Prayer Guide. Read pages 13-19, **Year A**, 47: *Good Stewards*, 286ff

#### **Sept 23/Round 1.2: Listening to the RAIN**

- Reading: Bakke, Ch. 2; Hoare, Ch. 5; Hagberg & Guelich, Ch 1 & 2
- Prayer Guide, Year A, 48: *Who Enters God's Kingdom?*, 292ff

#### **Sept 30/Round 1.3: Reflecting on Experience**

- Reading: Bakke, Ch. 10; Hoare, Ch. 2, 6
- Prayer Guide, Year A, 49: *Faithful and Obedient*, 297ff

#### **Oct 7/Round 1.4: Supervision 1 - by appointment**

- Preparatory work (per class guidelines) sent to Supervisor **Oct. 2**
- Reading: Bakke, Ch. 3, 4, 5
- Prayer Guide, Year A, 50: *All Things Are Possible*, 303ff

Oct 14/Round 2.1: **Ways of Knowing: Emotion**

- **DUE:** Reflection Paper + Horizon Analysis 1. (Email Instructor: [sbradimore@tyndale.ca](mailto:sbradimore@tyndale.ca). Label file attachment: name, title, date (see G. General Guidelines for Written Work, point one)
- Reading: Bakke, Ch. 8
- Prayer Guide, Year A, 51: *Servanthood* 308ff

Oct 21/Round 2.2: **Ways of Knowing: The Body**

- Reading: Bakke, Ch. 14; Hoare, Ch. 4
- Year A, 52: *When Jesus Calls*, 314ff

**RDL Opening** (*Retreat in Everyday Life; details to follow*)

- Coordinator: Misa Mochinaga
- 10 am - 12:30 pm (*Details to follow*)

Oct 28. **Reading Week.**

- Take these tests: 1) Spiritual Gifts, 2) Sacred Pathways (see Moodle) and Append your results with Reflection Paper 2.
- Prayer Guide, Year A, 53: *True Humanity*, 319ff

Nov 4/Round 2.3: **Opening the Eyes of Our Heart: Images & Imagination**

- Instructor: Dr. Ouida Pihulyk
- Hoare, Ch 9
- Prayer Guide, Year A, 54: *A Resurrection People*, 325ff

Nov 11/Round 2.4: **Supervision 2** - by appointment

- Preparatory work (per class guidelines) sent to Supervisor **Nov. 6**
- Reading: Bakke, Ch. 11
- Prayer Guide, Year A, 55: *Faithful Witness*, 331ff

Nov 18/Round 3.1: **Stages of Faith; Awakening, Sin, Purgation**

- **DUE:** Reflection Paper + Horizon Analysis 2 (email to Instructor "G. Guidelines"). Include your results from Spiritual Gifts and Sacred Pathways.
- Reading: Hagberg, Ch. 3 & 4
- Prayer Guide, Year A, 56: *Christ the King*, 336ff

Nov 25/Round 3.2: **Prayer and Praying**

- Reading: Hoare, Ch. 8; Bakke, Ch. 12
- Prayer Guide, Advent I begins Nov. 29; **Year B**; 1: *Waiting and Watching*, 23ff

RDL closing (*details to follow*)



- 10:00 am - 12:30 pm

Dec. 2/Round 3.3: **Ways of Knowing: Interior Dialogue** (CRF)

- Reading: Hoare, Ch. 11
- Prayer Guide, Advent II, Year B; 2, *Getting Ready*, 30ff

Dec. 9/Round 3.4: **Supervision 3** - by appointment

- Preparatory work (per class guidelines) sent to Supervisor **Dec. 4**
- Reading: Bakke, Ch. 9, 15, 16
- Prayer Guide, Advent III, Year B; 3, *Good News*, 36ff

Dec 16:

- **DUE.** 2-part Term Paper (Reflection Paper + Horizon Analysis 3 AND Research Paper)  
Email 2 clearly named attachments to Instructor per G. Guidelines)
- Prayer Guide, Advent IV; *When God Comes*, 42ff.
  - o Dec 23, Year B, 5, *God's Greatest Gifts*, 47ff
  - o Dec 30, Year B, 6, *Chosen by God*, 52ff
  - o Jan 6, 2021, Year B, 7, *God's Eternal Purpose*, 58ff

**SPIR 0711 - Winter 2021**

**Note: check for further readings posted to Moodle/Class Page.**

Jan 13/Round 4.1: **"We begin again"; Repetition and Resistance**

- Reading: Johnson, Ch 1-3; Hagberg & Guelich, Ch 5, 6 (also pages 169-175)
- Prayer Guide, Year B, 8: *Following Jesus*, 65ff
- Moodle: [Guidelines for Final Paper](#). Review [SD Competencies 2020-2021](#) (see Sept 16)

Jan 20/Round 4.2: **Forgiveness and healing**

- Reading: Johnson, Ch. 9
- Prayer Guide, Year B , 9: *The Call of God*, 72ff

Jan 27/Round 4.3: **Transference, countertransference**

- Instructor: Misa Mochinaga
- Reading: Johnson, Ch. 7 & 8
- Prayer Guide, Year B, 10: *The Power of God's Word*, 78ff

Feb 3/Round 4.4: **Supervision 4**, by appointment

- CRF sent to Supervisor **Jan. 29**
- Reading: Johnson, Ch. 5
- Prayer Guide, Year A, 11: *The Meaning of Discipleship*, 85ff

Feb 10/Round 5.1: **The Wall / Nights.**

- **DUE:** Reflection paper + Horizon Analysis 4 (Email to instructor)
- Reading: Hagberg & Guelich, Ch 7 & 13 (also p175-178, 232-250)

Prayer Guide, Year B, 12: *Choose Life*, 91ff. (Note: jump to #16 next)

Feb 17: **Reading Week**

- Reading: Hagberg & Guelich, Ch. 8 & 9 (also p179-184)
- Take [Spiritual Life Inventory](#)
- Prayer Guide, Ash Wednesday; Lent begins. Year B, **16:** *Getting Ready to Serve*, 114ff

Feb 24/Round 5.2: **Dreams**

- Reading: Johnson, Ch. 10; Hagberg & Guelich, Ch. 11
- Prayer Guide, Year B, #17. *What God Has Promised*, 120ff

Mar. 3/Round 5.3: **A Discerning Heart**

- Reading: Johnson, Ch. 13; Hagberg & Guelich; Ch. 12
- Prayer Guide, Year B, #18. Prayer Guide, Year B, Lent 3: 18: *Meeting God Face to Face*, 125ff

Mar 10/Round 5.4: **Supervision 5** - by appointment

- CRF to be sent to Supervisor **Feb. 26**
- Reading: Johnson, Ch. 15; Hagberg & Guelich, Ch. 10
- Prayer Guide, Year B, 19: *The God Who Seeks*, 131ff

Mar 17/Round 6.1: **Spiritual Direction: "For the sake of others"**

- **DUE.** Reflection Paper + Horizon Analysis 5. Include results of Spiritual Life Inventory (see Moodle, Feb. 17) Email to Instructor.
- Reading: Johnson, Ch. 6; Hagberg & Guelich, Ch 8, 9 (also p179-184)
- Prayer Guide, Year B, 20: *Power to Give Life*, 137ff

Mar 24/Round 6.2: **Suffering; Stations of the Cross**

- Reading: Johnson, Ch. 14; Hagberg & Guelich Ch. 14
- Prayer Guide, Year B, 21: *The Cost of Right Choices*, 143ff

Mar 31/Round 6.3: **Discerning the practice of spiritual direction**

- Reading: Johnson, Ch. 12. Re-read Hoare, Ch 11: *Conclusion*.
- Prayer Guide, Year B, 22: *The Living Christ*, 148ff

April 7/Round 6.4: **Supervision 6** - by appointment

- Reading: Johnson, Ch. 17
- Prayer Guide, Year B, 23: *Life in Christ*, 153ff
- CRF sent to Supervisor **April 2**

April 14: **3-part Final paper DUE** (Reflection + Horizon Analysis 6, Research, CRF/Competencies)

April 20-22: **Competency interview** (by appointment)

## V. SELECTED BIBLIOGRAPHY

([Tyndale Library](#) supports this course with [e-journals](#), [e-books](#), and the [mail delivery of books](#) and circulating materials. See the [Library FAQ page](#).)

- Anderson, Keith, and Randy D. Reese. *Spiritual Mentoring; A Guide for Seeking and Giving Direction*. Downers Grove, IL: InterVarsity, 1999.
- Baker, Howard. *Soul Keeping; Ancient Paths of Spiritual Direction*. Colorado Springs, CO: NavPress, 1998.
- Bakke, Jeannette. *Holy Invitations*. Grand Rapids: Baker, 2000.
- Barry, William A., and William J. Connolly. *The Practice of Spiritual Direction*. HarperSanFrancisco, 1984.
- \_\_\_\_\_. *With an Everlasting Love; Developing an Intimate Relationship with God*. Mahwah, NJ: Paulist Press, 1999.
- \_\_\_\_\_. *Spiritual Direction and the Encounter with God; A Theological Inquiry*. Mahweh NJ: Paulist Press, 2004.
- Barton, Ruth Haley. *Invitation to Solitude and Silence*. Downers Grove, IL: InterVarsity, 2010.
- \_\_\_\_\_. *Sacred Rhythms*. Downers Grove, IL: InterVarsity, 2006.
- \_\_\_\_\_. *Pursuing God's Will Together*. Downers Grove, IL: InterVarsity, 2012.
- \_\_\_\_\_. *Strengthening the Soul of Your Leadership*. Downers Grove, IL: InterVarsity, 2008.
- Benner, David. *Sacred Companions: The Gift of Spiritual Friendship and Direction*. Downers Grove, IL: InterVarsity, 2002.
- \_\_\_\_\_. *Care of Souls; Revisiting Christian Nurture and Counsel*. Grand Rapids, MI: Baker Book, 2006.
- \_\_\_\_\_. *Desiring God's Will; Aligning Our Hearts With the Heart of God*. Downers Grove, IL: InterVarsity, 2005.
- \_\_\_\_\_. *Healing Emotional Wounds*. Perrysburg, OH: Welch Pub. Co., 1990.
- \_\_\_\_\_. *Opening To God*. Downers Grove, IL: InterVarsity, 2010.
- \_\_\_\_\_. *Spirituality and the Awakening Self*. Grand Rapids: Brazos Press, 2012.
- \_\_\_\_\_. *Surrender to Love*. Downers Grove, IL: InterVarsity, 2004.
- \_\_\_\_\_. *The Gift of Being Yourself*. Downers Grove, IL: InterVarsity, 2004
- Benner, Juliet. *Contemplative Vision*. Downers Grove, IL: InterVarsity, 2011.
- Brown Taylor, Barbara. *Learning to Walk in the Dark*. New York: HarperCollins Pub., 2014.
- \_\_\_\_\_. *Speaking of Sin: The Lost Language of Salvation*. Cowley Pubs., 2000.
- \_\_\_\_\_. *The Healing Word; Gospel Medicine for the Soul*. London: SPCK, 2013.

- Buckley, Suzanne M., Ed. *Sacred Is the Call: Formation and Transformation in Spiritual Direction Programs*. New York: The Crossroad Pub. Co., 2005
- Calhoun, Adele Ahlberg. *Invitations from God*. Downers Grove, IL: IVP, 2011.
- \_\_\_\_\_. *Spiritual Disciplines Handbook*. Downers Grove, IL: IVP, 2005.
- \_\_\_\_\_. *Spiritual Rhythms for the Enneagram; A Handbook for Harmony and Transformation*. Downers Grove, IL: IVP, 2019.
- Casey, Michael. *Sacred Reading: The Ancient Art of Lectio Divina*. Liguori, MO: Liguori, 2002.
- Cepero, Helen. *Journaling As A Spiritual Practice: Encountering God Through Attentive Writing*. Downers Grove, IL: IVP, 2008.
- \_\_\_\_\_. *Christ-shaped Character*. Downers Grove: IVP, 2014.
- Chandler, Diane. *Christian Spiritual Formation*. Downers Grove: IVP, 2014.
- Conroy, Maureen. *Looking into the Well: Supervision of Spiritual Directors*. Chicago: Loyola Press, 1995.
- Cronk, Sandra. *Dark Night Journey: Inward Re-Patterning Toward a Life Centered in God*. Pendle Hill Pubs., 1991.
- Croadsmun, Matthew. *Let Me Ask You a Question; Conversations with Jesus*. Nashville: Upper Room Books, 2018.
- Culligan, Kevin G. *Spiritual Direction; Contemporary Readings*. Eugene, OR: Wipf and Stock Pubs., 2010.
- de Caussade, Jean-Pierre. *The Sacrament of the Present Moment*. Reissue edition. HarperSanFrancisco, 2010.
- Demarest, Bruce. *Soul Guide: Following Jesus As Spiritual Director*. Colorado Springs, CO: NavPress, 2003.
- Des Cotes, Rob. *Fan the Flame: Meditations for Spiritual Direction*. Toronto: Clements Pub., 2006.
- DiAngelo, Robin J. *White Fragility: Why It's So Hard for White People to Talk About Racism*. Boston: Beacon Press, 2018.
- Dougherty, Rose Mary. *Group Spiritual Direction: Community for Discernment*. Mahwah, NJ: Paulist Press, 1995.
- Dyckman, Katherine M., & Carroll, L. Patrick. *Inviting the Mystic, Supporting the Prophet: An Introduction to Spiritual Direction*. Mahwah, NJ: Paulist Press, 1981.
- Edwards, Tilden. *Spiritual Director Spiritual Companion: Guide to Tending the Soul*. Mahwah, NJ: Paulist Press, 2001.
- Epperly, Bruce & Katherine. *Tending the Holy: The Practice of the Presence of God in Ministry*. Hendron, VA: The Alban Institute, 2009.
- Fischer, Kathleen. *Women at the Well: Feminist Perspectives on Spiritual Direction*. Mahwah, NJ: Paulist Press, 1988.
- Fragar, Robert, Ed. *Sharing Sacred Stories: Current Approaches to Spiritual Direction and Guidance*. New York: Crossword Pubs. Co., 2007.
- Fryling, Alice. *Seeking God Together: An Introduction to Group Spiritual Direction*. Downers Grove, IL: IVP, 2009.
- Gatta, Julia. *Three Spiritual Directors for Our Time*. Cowley Pubs., 1986.

- Gratton, Carolyn. *The Art of Spiritual Guidance*. New York: Crossroad Pub. Co., 2003.
- Green, Thomas. *Experiencing God: The Three Stages of Prayer*. Notre Dame, IN: Ave Maria Press, 2010.
- \_\_\_\_\_. *When The Well Runs Dry*. Notre Dame, IN: Ave Maria Press, 1978.
- \_\_\_\_\_. *The Friend of the Bridegroom: Spiritual Direction and the Encounter with Christ*. Notre Dame, IN: Ave Maria Press, 2000.
- \_\_\_\_\_. *Weeds Among the Wheat; Discernment: Where Prayer & Action Meet*. Notre Dame, IN: Ave Maria Press, 2005.
- Groeschel, Benedict J. *Spiritual Passages: The Psychology of Spiritual Development*. New York: Crossroad, 1983.
- Guenther, Margaret. *Holy Listening: The Art of Spiritual Direction*. Cambridge, MA: Cowley, 1992.
- Hagberg, Janet O. and Robert A. Guelph. *The Critical Journey; Stages in the Life of Faith*. Sheffield Pub. Co., 2005.
- Hall, Thelma, *Too Deep for Words; Rediscovering Lectio Divina*. Mahwah, NJ: Paulist Press, 1988.
- Hay, Leslie A. *Hospitality: The Heart of Spiritual Direction*. Milwaukee: Morehouse, 2006.
- Hoare, Liz. *Using the Bible in Spiritual Direction*. New York: Morehouse Publ, 2015.
- Houdek, Frank J. *Guided By the Spirit: A Jesuit Perspective on Spiritual Direction*. Chicago: Loyola Press, 1996.
- Job. Reuben P & Norman Shawchuck. *A Guide to Prayer*. Nashville, TN: The Upper Room, 1983.
- Johnson, Jan. *When the Soul Listens*. Colorado Springs, CO: NavPress, 1999.
- \_\_\_\_\_. *Invitation to the Jesus Life: Experiments in Christlikeness*. Colorado Springs, CO: NavPress, 2008.
- Jones, Alan. *Exploring Spiritual Direction*. Cambridge, MA: Cowley, 1999.
- \_\_\_\_\_. *Soul Making: The Desert Way of Spirituality*. New York: HarperCollins, 1985.
- Jones, L. Gregory. *Embodying Forgiveness: A Theological Analysis*. Grand Rapids, MI: Wm. Eerdmans Pub. Co., 1995.
- Jones, W. Paul. *The Art of Spiritual Direction: Giving and Receiving Spiritual Guidance*. Nashville, TN: Upper Room Books, 2002.
- Keating, Charles J. *Who We Are is How We Pray*. New London, CT: Twenty-third Pubs., 1987.
- Keating, Thomas. *Open Mind, Open Heart: The Contemplative Dimension of the Gospel*. New York: Continuum, 2003.
- \_\_\_\_\_. *The Human Condition: Contemplation and Transformation*. Mahwah, NJ: Paulist Press, 1999.
- Kidd, Sue Monk. *When the Heart Waits: Spiritual Direction for Life's Sacred Questions*. San Francisco: Harper Press, 1992.
- Kropf, Marlene & Daniel Schrock, (eds). *An Open Place: The Ministry of Group Direction*. New York: Morehouse Pub., 2012.
- Leech, Kenneth. *True Prayer: An Invitation to Christian Spirituality*. Harrisburg, PA: Morehouse Pub., 1980.
- \_\_\_\_\_. *Soul Friend: Spiritual Direction in the Modern World*. New York: Morehouse Pub., 2001.
- Leddy, Mary Jo. *Radical Gratitude*. Maryknoll, NY: Orbis Books, 2007.

- Lindahl, Kay. *The Sacred Art of Healing*. Nashville, TN: SkyLight Paths Pub., 2004.
- Linn, Dennis, Sheila F. Linn, Matthew Linn. *Good Goats: Healing Our Image of God*. Mahwah, NJ: Paulist Press, 1994.
- Mangis, Michael. *Signature Sins: Taming Our Wayward Hearts*. Downers Grove, IL: IVP, 2008.
- Martin, James. *Becoming Who You Are*. Mahwah, NJ: Hidden Spring, 2006.
- Merton, Thomas. *New Seeds of Contemplation*. Bardstown, KY: Abbey of Gethsemani Inc., 1961.
- \_\_\_\_\_. *Spiritual Direction and Meditation*. Collegeville, MN: Liturgical Press, 1986.
- \_\_\_\_\_. *The Inner Experience; Notes on contemplation*. New York: HarperCollins, 2003.
- McAlpin, Kathleen. *Ministry that Transforms: A Contemplative Process of Theological Reflection*. Toronto, ON: Novalis Pubs., 2009.
- Miller, James. *The Art of Being a Healing Presence: A Guide for Those in Caring Relationships*. Fort Wayne, IN: Willowgreen Publishing, 2001.
- Miller, Wendy. *Come With Me: Daily Living With a New Monastic Rule of Life*. CreateSpace, 2015.
- \_\_\_\_\_. *Jesus Our Spiritual Director*. Nashville: Upper Room Books, 2004.
- \_\_\_\_\_. *Invitation to Presence*. Nashville: Upper Room Books, 1995.
- \_\_\_\_\_. *Learning to Listen*. Nashville: Upper Room Books, 1993.
- Montaldo, Jonathan & Robert Toth (Eds.) *Bridges To Contemplative Living With Thomas Merton*. Notre Dame, IN: Ave Maria Press, 2011.
- Moon, Gary W. & David Benner. *Spiritual Direction and the Care of Souls*. Downers Grove, IL: IVP, 2004.
- Mulholland, M. Robert. *Invitation to a Journey*. Downers Grove: IVP, 1993.
- \_\_\_\_\_. *The Deeper Journey: The Spirituality of Discovering Your True Self*. Downers Grove, IL: IVP, 2006.
- \_\_\_\_\_. *Shaped By the Word: The Power of Scripture in Spiritual Formation*. Nashville, TN: Upper Room Books, 2000.
- Nee, Watchman, *Spiritual Authority*. New York: Christian Fellowship Pubs., 1972.
- Nouwen, Henri. *The Way of the Heart*. New York: HarperCollins Pub, 1981.
- \_\_\_\_\_. *Reaching Out*. Toronto: Doubleday, 1975.
- \_\_\_\_\_. *Making All Things New*. San Francisco: HarperCollins, 1981.
- \_\_\_\_\_. *Spiritual Direction*. New York: Harper Collins, 2006.
- O'Donohue, John. *To Bless the Space Between Us; A Book of Blessings*. Doubleday Pub., 2008.
- Padovano, Anthony T. *A Retreat with Thomas Merton: Becoming Who We Are*. Cincinnati, OH: St. Anthony Messenger Press, 1995.
- Palmer, Parker. *Let Your Life Speak*. San Francisco: Jossey-Bass, 2000.
- \_\_\_\_\_. *A Hidden Wholeness: The Journey Toward An Undivided Life*. San Francisco: Jossey-Bass Pub., 2004.
- Parker, Russ. *Healing Dreams: Their Power and Purpose in Your Spiritual Life*. London: SPCK, 1993.
- \_\_\_\_\_. *Spiritual Journaling*. Colorado Springs: NavPress, 1998.
- \_\_\_\_\_. *Meditative Prayer: Entering God's Presence*. Colorado Springs: NavPress, 1998.

- Peterson, Eugene H. *The Contemplative Pastor: Returning to the Art of Spiritual Direction*. Grand Rapids: Eerdmans, 1993.
- Purves, Andrew, *the Crucifixion of Ministry*. Downers Grove, IL: IVP, 2007.
- Rohr, Richard. *Everything Belongs: The Gift of Contemplative Prayer*. New York: The Crossroad Publishing Co., 2003.
- Rolheiser, Ronald. *The Shattered Lantern: Rediscovering A Felt Presence of God*. New York: The Crossroad Publishing Co., 2001.
- Ruffing, Janet. *Spiritual Direction: Beyond the Beginnings*. Mahwah, NJ: Paulist Press, 2000.
- \_\_\_\_\_. *To Tell the Sacred Tale: Spiritual Direction and Narrative*. Mahwah, NJ: Paulist Press, 2011.
- \_\_\_\_\_. *Mysticism and Social Transformation*; Syracuse, NY: Syracuse University Press, 2001.
- Ryan, Barbara Shlemon. *Healing the Hidden Self*. Notre Dame, IN: Ave Maria Press, 2005.
- Shannon, William H. *Silence On Fire*. New York: Crossroads, 1994.
- Sheldrake, Philip. *Befriending Our Desires*. Eugene, OR: Wipf and Stock Pub., 2001.
- Silf, Margaret. *Inner Compass*. Chicago: Loyola Press, 1999.
- \_\_\_\_\_. *Wise Choices: A Spiritual Guide to Making Life's Decisions*. Toronto, ON: Novalis, 2007.
- Sjogren, Per-Olof. *The Jesus Prayer*. Minneapolis: Fortress Press, 1980.
- Smith, Gordon T. *Spiritual Direction: A Guide to Giving & Receiving Direction*. Downers Grove, IVP, 2014.
- \_\_\_\_\_. *The Voice of Jesus: Discernment, Prayer and the Witness of the Spirit*. Downers Grove, IL: IVP, 2003.
- Steward, John. *From Genocide to Generosity: Hatreds Heal on Rwanda's Hills*. Carlisle: Langham Global Library, 2015.
- Thomas, Gary. *Sacred Pathways*. Grand Rapids, MI: Zondervan, 1996.
- Thompson, Curt. *The Anatomy of the Soul; Surprising Connections between Neuroscience and Spiritual Practice That Can Transform Your Life and Relationships*. Carrollton, TX: Tyndale Momentum, 2010.
- \_\_\_\_\_. *The Soul of Shame; Retelling the Stories We Believe About Ourselves*. Downers Grove, IL: IVP, 2015.
- Tozer, A.W. *The Knowledge of the Holy*. HarperSanFrancisco, 1961.
- Tutu, Desmond and Mpho Tutu. *The Book of Forgiving: The Fourfold Path for Healing Ourselves and Our World*. New York: HarperOne, 2014.
- Wardle, Terry. *Identity Matters: Discovering Who You Are in Christ*. Abilene, TX: Leafwood Pubs., 2017.
- \_\_\_\_\_. *Strong Winds & Crashing Waves*. Abilene, TX: Leafwood Pubs., 2007.
- Willard, Dallas. *Hearing God*. Downers Grove, IL: IVP, 1999.
- Underhill, Evelyn. *The Spiritual Life*. London: Hodden & Stoughton, 1996.
- Veltri, John. *Orientations, Vol 1 & 2*. Guelph Centre of Spirituality, 1998.
- Young, Sarah. *Jesus Calling: Enjoying Peace In His Presence*. Nashville, TN: Thomas Nelson, 2004.

***“for the sake of others”***

Blank, Rebecca M. and William McGurn. *Is the Market Moral? A Dialogue on Religion, Economics & Justice*. Washington, D.C.: Brookings Institute Press, 2004.

Brueggemann, Walter. *The Prophetic Imagination*, 2nd ed. Minneapolis, MN: Fortress Press, 2001.

DiAngelo, Robin. *White Fragility: Why It's So Hard for White People to Talk About Racism*. Boston: Beacon Press, 2018.

Keller, Timothy. *Generous Justice: How God's Grace Makes Us Just*. New York, NY: Penguin Books, 2010.

Ladner, Kiera L & Myra J. Tait. *Surviving Canada: Indigenous People Celebrate 150 Years of Betrayal*. Winnipeg, MB: ARP Books, 2017.

Northcott, Michael S. *A Political Theology of Climate Change*. Grand Rapids, Michigan: Wm B Eerdmans Pub. Co., 2013.

Rah, Soong-Chan. *Cultural Intelligence for a Changing Church*. Chicago, IL: Moody Pubs., 2010

Ruffing, Janet, ed. *Mysticism and Social Transformation*. Syracuse, NY: Syracuse University Press, 2001.

Russell, Letty M. *Just Hospitality: God's Welcome in a World of Difference*. Louisville, Kentucky: John Knox Press, 2009.

Talaga, Tanya. *Seven Fallen Feathers: Racism, Death, and Hard Truths in a Northern City*. Anansi Press, 2017.

Twenge, Jean M. and W. Keith Campbell. *The Narcissism Epidemic: Living in the Age of Entitlement*. New York, NY: Free Press, 2009.

*Presence: An International Journal of Spiritual Direction*. Published quarterly, various topics related to spiritual direction. Primarily Christian but some interfaith articles. (Print copies only).

[Journal of Spiritual Formation & Soul Care](#).

Published quarterly, diverse authors, put out by Biola University, a private American Christian university.

#### **On-line devotionals:**

Ruth Haley Barton. [transformingcenter.org](http://transformingcenter.org)

[Henri Nouwen Society](#).

[Imago Dei Christian Community](#). Rob Des Cotes. Subscribe to weekly meditations.

[Sight Psalms](#). The Upper Room. A daily, online photo and line from the Psalms for reflection through the use of images.

#### **Apps:**

[3 minute retreat](#). Loyola Press, A Jesuit Ministry. Daily: Scripture followed by brief commentary and 2 questions for personal reflection.

[PrayerMate](#). A wide range of options for organizing one's prayer life.