

DM743 – Spiritual Formation and the Leader

Doctor of Ministry June 2021

June 21-25, 2021, via zoom

Monday – Thursday, 9 a.m. – 5 p.m. & Friday, 8:30 a.m. – 12:30 p.m. CT

Instructor: Brenda K. Buckwell, DMin. Brenda.buckwell@garrett.edu

Course Description

This course focuses on the essentially spiritual nature of the leadership task, a theology of spiritual authority, and the application of spiritual practice and understanding to the leadership challenge. This course weaves together formational and informational learning and experience with Direction Module Four: Applied Skills, including “holy listening” and other techniques. The participants will:

- Engage in extensive discussion with peers about the topics, issues, and themes raised in the required readings, plus other subjects related to spiritual formation and leadership, inclusive of culture, gender, spiritual direction, and biblical context.
- Practice Three-Way-Listening as an art of holy listening and storytelling with formational process presentation and verbatims.
- Learn the key aspects of holy listening and storytelling, the importance of knowing self fully, and contemporary and ancient spiritual disciplines that create a foundation for leadership.
- Synthesis readings with personal and professional spiritual leadership narrative and assessment.
- Create a power/ empowerment life map with consideration of themes of being silenced, ways you have been influenced by others, and are an influencing force, times when you have listened beyond the surface, and when you live from your authentic self.
- Create a 3-5-year plan of implementing spiritual formation/ spiritual direction tools with contextual spiritual formation and leadership in the student’s context and a multicultural setting.

Goals

As a result of participation in this course, students should be able to:

- Articulate facts key tenets of spiritual direction as foundation for leadership.
- Engage personal and professional leadership skills, style, and the influence of spiritual formation and direction upon your leadership.
- Gain a foundational knowledge of the influence of multiculturalism on spiritual formation and leadership.
- Personal assessment of leadership
- Practice spiritual direction and learn with verbatims.
- Develop a 3–5-year plan for incorporating spiritual formation/direction applications in the student’s ministry setting. Within this the student will describe your primary cultural context and stretch your cultural awareness with at least one additional cross-cultural

application. Further students will describe leadership challenges to introduce/develop the spiritual formation/direction ministry application.

Methods

Required readings provide the content and structure for engaging authentically in spiritual formation and leadership. The class will be comprised of lectures, small group activities, and triad experiences of spiritual direction, as well as diverse prayer experiences. Silence and holy listening are the basis of spiritual direction, companioning others, and engaging leadership. Students will practice 20 minutes of silence three times weekly for the entire semester. Students are expected to share their experiences with diversity, spirituality, and spiritual practices.

There is a REQUIRED 2 hour zoom meeting for all students at the end of the semester.

Wednesday August 4, 2021 at 6:00 pm ET. Zoom details will be sent the week of class.

Required Readings Required Books

Barton, Ruth Haley. 2018. *Strengthening the Soul of Your Leadership: Seeking God in the Crucible of Ministry*. ISBN # 978-0-8308-4645-0. \$16.89

Benner, David G. and Gary W. Moon. 2004. *Spiritual Direction and the Care of Souls: A Guide to Christian Approaches and Practices*. Downers Grove, IL: IVP Academic. ISBN # 978-0-8308-2777-0. \$19.79

Bryant – Johnson, Sherry and Rosalie Norman-McNaney and Therese Taylor-Stinson, editors. *Embodied Spirits: Stories of Spiritual Directors of Color*. New York: Morehouse Publishing. 2014. ISBN # 978-0-8192-2893-2. \$18.00

Buckwell, Brenda. 2020. *Spiritual Direction and the Metamorphosis of Church*. Nashville, TN: Wesley's Foundery Books. ISBN # 978-1-945935-80-0. \$9.29

Guenther, Margaret. 1992. *Holy Listening: The Art of Spiritual Direction*. Boston, MA: Cowley Publications. ISBN # 1-56101-056-1. \$11.99

Laird, Martin. 2006. *Into the Silent Land: A Guide to the Christian Practice of Contemplation*. New York: Oxford University Press. ISBN # 0-19-530760-7. \$15.65

Storytelling teaching videos by Mary Alice on Moodle site and listed on the syllabus.

Recommended Books

Barry, William A. and William J. Connolly. 2009. *The Practice of Spiritual Direction*. New York: HarperOne. ISBN # 978-0-06-165263-9. \$16.99

Stafford, Gil. W. 2014. *When Leadership and Spiritual Direction Meet: Stories and Reflections for Congregational Life*. Lanham, Maryland: Rowman & Littlefield. ISBN # 978-1-56699-441-5. \$27.00

Koestenbaum, Peter. 2002. *Leadership: The Inner Side of Greatness, a Philosophy for Leaders*. San Francisco, CA: Jossey – Bass. ISBN # 0-7879-5956-1. Used \$20.98

Benner, David G. 2012. *Spirituality and the Awakening Self: The Sacred Journey of Transformation*. Grand Rapids, MI: Brazos Publishing. ISBN #978-1-58743-296-5. \$21.49

Mulholland, M. Robert, Jr. 2000. *Shaped by the Word: The Power of Scripture in Spiritual Formation*. Nashville, TN: Upper Room Books. ISBN #978-0-8358-0936-8. \$13.99

Law, Eric H. F. 2004. *The Word at the Crossings: Living the Good News in a Multicontextual Community*. St. Louis, MO: Chalice Press. ISBN # 978-0-827242-44-9. \$10.22

Materials for Class

In addition to assigned books, videos, and handouts posted on Moodle, class participants are expected to keep in hand the following for class each day: Required textbooks, spiritual direction verbatims, colored pencils, markers, crayons, etc. for Tuesday's creation of a power life map.

Formation and Leadership Assessment Instructions

A quarter of class time will be devoted to Direction Module Four Applied Skills, including “holy listening” and other techniques to create a foundation of spiritual direction for leadership.

Step 1

Please visit [www. https://www.pib.net/model.htm](https://www.pib.net/model.htm) and take the free leadership assessment. Receive the results and bring them with you to class on the first class. If you have taken other leadership assessments, compare your results. Then consider what the foundational formation is of your leadership.

Step 2

In class we will create a power life map. Please have colored pencils and paper (legal-size recommended for more length) with you for Tuesday's class.

Step 3

See Assignment # 2 below.

As we begin to get to know each other and build community, we will be introducing ourselves during our class. Please come to the first class on the June 21, 2021 prepared to share the following: name, current occupation, current location, and hopes for this class. Consider the question, how this information influences your spiritual formation and leadership. Additionally,

why you are working on a Doctor of Ministry degree and the Spiritual Direction track, and anything else you would like the class to know.

Assignments and Grades

1. **Analysis of Readings (25 %)** Write a critical review of the readings, **for EACH assigned book and ONE (1) recommended book.** (5 - 6 pages each, double-spaced, Times New Roman 12- point font) Include the premise of the book, explain the premise, then give 4 major points showing how the author supports the book's premise. In conclusion, interact with the text and how you believe this premise will assist or support congregational or your contextual ministry setting. **Due** on the first day of the class (June 21, 2021).

2. **Leadership Assessment (15 %)** Write a reflection paper on your leadership diamond from the assessment found at <https://www.pib.net/model.htm> (5 pages, double-spaced, Times New Roman, 12-point font). Describe your leadership diamond. You may want to create a picture of it in your paper. What invitation is given to you from the results? How could God be inviting you to increase, release, energize, or weave together the various points of your leadership diamond from a spiritual formational perspective? Please use the definition of Christian spiritual formation from page 25 of Robert Mulholland's book, *Shaped by the Word*, which is: "Christian spiritual formation is a process of being more nearly conformed to the image of Christ of the sake of others."

To assist in writing this reflection please use **one** (1) of the following books to assess your leadership.

Barton, Ruth Haley. 2018. *Strengthening the Soul of Your Leadership: Seeking God in the Crucible of Ministry*. ISBN # 978-0-8308-4645-0.

OR

Law, Eric H, F. 2004. *The Word at the Crossings: Living the Good News in a Multicontextual Community*. St. Louis, MO: Chalice Press. ISBN # 978-0-827242-44-9.

OR

Koestenbaum, Peter. 2002. *Leadership: The Inner side of Greatness, a Philosophy for Leaders*. San Francisco, CA: Jossey – Bass. ISBN # 0-7879-5956-1.

OR

Stafford, Gil. W. 2014. *When Leadership and Spiritual Direction Meet: Stories and Reflections for Congregational Life*. Lanham, Maryland: Rowman & Littlefield. ISBN # 978-1-56699-441-5.

ALSO, in writing this reflection use information from your power life map, which was created in class, if applicable.

Due Dates:

- A. Pip.net <https://www.pib.net/model.htm> Assessment results are to be completed before coming to class Monday morning June 21, 2021.
- B. The 5-page reflection paper is due Tuesday morning June 22, 2021.

3. **Storytelling abstract (15 %)** Engage with the process of storytelling and its foundational usefulness in leadership. Write an 5-page paper using the 4 videos by Mary Alice from SOAR www.getsoaring.com and the Holy Listening and Storytelling section of the Buckwell book, to create a proposal on how you could engage storytelling and holy listening within your ministry context. Please double-spaced, Times New Roman, 12- point font.

Resources for this assignment:

- A. 4 videos by Mary Alice (365 ALIVE!: www.365alive.org)
 - Video 1: From Rudderless to Purposeful: <https://vimeo.com/501956481>
 - Video 2: Finding your place on the map: <https://vimeo.com/502317272>
 - Video 3: Choosing the story you want to live in: <https://vimeo.com/502395512>
 - Video 4: Story & the fire of community: <https://vimeo.com/502852920>
- B. Buckwell, *Spiritual Direction and the Metamorphosis of Church* section three.

Due Thursday June 24, 2021.

4. **Multicultural Formational Leadership Paper (30 %)** Write an integrative research paper (15 pages, double-spaced, Times New Roman, 12-point font, Turabian style footnotes.) incorporating the insights from readings, lectures, research, and your primary ministry context.

The student will develop a 3–5-year plan for incorporating spiritual formation/direction applications in the student’s ministry setting. Within this, describe your primary cultural context and stretch your cultural awareness with at least one additional cross-cultural application. This will include describing your leadership challenges to introduce/develop/implement the spiritual formation/direction ministry application. Address the question of how faith formation through spiritual formation and spiritual direction has been historically and is currently present and/or absent for your cultural context and one other cultural context. The final 3-pages of research for this paper will highlight formational leadership skills in general and what one needs to engage other cultural contexts for true multiculturalism to be lived in community and leadership.

Materials needed:

Use **three (3) class resources** (textbooks, PPT lectures) and **four (4) research** sources. (See bibliography below for suggested research materials.) Books and academic articles that are in print format which you have downloaded from the Internet are considered a book source. Please no web site resources.

The Cultural Content:

A few examples of cultural contexts:

Ethnicity: African American, Hispanic, Asian (please be specific Chinese, Korean, Vietnamese etc.), European, African, Middle Eastern, Latin American, Puerto Rican, Filipino, Caribbean.
Gender: male/ female/ LGBT.

Language

Education Level

The student may suggest other cultural context of interest for approval by the instructor.

Due Dates:

- A. Please submit a preliminary theme with a short bibliography to the instructor by the last day of the class (June 25, 2021).
- B. This Multicultural paper is **due Monday August 2, 2021 at 8:00 am ET**. This paper is submitted through the class Moodle site. Please check and assign the plagiarism checker when you submit your paper.

5. Contemplative Silence (10%)

- From the first week of the class the student will practice contemplative silence three times a week for 20-minutes each time. To assist with this practice, please quickly review the Laird book.
- The student will keep a log of these times of silence. The log will include:
 - Date, duration of contemplative silence and the activity for contemplative listening.
 - The student will choose a mixture of contemplative techniques from:
 - Sit for 20 minutes in a quiet location(s)
 - Take a contemplative walk for twenty minutes noticing the deeper sounds of nature calling to the student's spirit.
 - Walk a labyrinth.
 - Take a photo pilgrimage walk with your digital camera and contemplate deeper seeing beyond the surface.
 - Centering Prayer
 - Breath Prayer
 - Examen or Rummaging backward through your day.
 - Icon gazing
 - **Please see class website or contact the instructor if you need information on any of these prayer examples.**
 - The student will have a final summary from all the learnings of the semester's contemplative silent times at the conclusion of the log. This summary will highlight how the student has shifted in his or her experience of silence throughout the course of the semester. This assessment of contemplation will include theological themes in reflection upon the student's overall experience of contemplative silence. In addition to the date log information the **summary of the log is to be at least 5 pages in length, double spaced with 12-point font**. This summary will include antidotal story and theological reflection on how silence is foundational to formational leadership.

Due 8:00 am ET Wednesday August 4th.

6. Class Participation (5 %) Active and attentive participation is expected from all students. Please always turn on your video. Late arrival and missing sessions will result in deduction in grade. Missing more than two sessions will result in failing the class. Class participation includes completion of spiritual direction verbatims and active engagement of class prayer practices.

Course Guidelines

As we will be sharing experiences of our own spiritual journeys, it is expected that all class participants will adhere to the following guidelines throughout the course, and afterwards: Maintain confidentiality. Maintain an environment where it is safe to raise difficult questions. Respect others and their belief systems. Engage in polite discourse at all times. Attend each class session in its entirety – and be on time. Be emotionally, spiritually, and academically present. Set aside cell phones and other non-academic technology. Complete all assigned readings; come to class prepared to engage in knowledgeable dialogue about the content of the readings and the topic(s) of the day. Be willing to make the most of our time together. Take responsibility for your own learning.

Course Outline

Date/ Day	Activity	Theme/ Prayer experience	Readings	Assignments Due
Monday June 21 Morning	1.Syllabus, Course overview, 2.Lecture “Under the Umbrella” 3.Small group discussion – review of leadership assessment.	Introductions Expectations & Questions	Buckwell, Introduction. Benner & Moon	1. Online Leadership Assessment 2. Analysis of Readings – papers.
Monday June 21 Afternoon	1. “The Power of Becoming” - Take Thou Authority: Creation of Power Life Map 2. Jesus as Spiritual Director 3. Spiritual Direction Triads 4. Verbatim 5. Large group debrief	Prayer: Rummaging Backward through your day. Daily Examen	Buckwell, Sections 1 & 2 Laird, Introduction Barton, Introduction	1. Power life map completed in class. 2. Spiritual Direction
Tuesday June 22 Morning	1. “The Heartbeat of Leadership” 2. Small group discussion, leadership assessment	Leadership Lectio Divina with Moses Fostering a Contemplative Attitude, Centering	Barton, chapters 1-5 Buckwell Section 3 & 5 Laird, Chapters 1 - 3	1. Leadership Assessment reflection paper.

	3. Silence and Solitude, “Wisdom from the Desert”	Prayer, Breath Prayer	Guenther, introduction	
Tuesday June 22 Afternoon	1. Small group review and presentation of various traditions and spiritual direction. 2. Spiritual Direction Triads 3. Verbatim 4. Large group debrief	Spiritual direction and the Care of souls, various Christian traditions, and Spiritual Direction Prayer: Silence, contemplative walk, lectio on Nature	Benner & Moon Part 1 Guenther chapters 1 & 3 Bryant-Johnson, introduction, chapters 1-5,	1. Verbatim due from previous day’s spiritual direction 2. Spiritual Direction
Wednesday June 23 Morning	1. https://youtu.be/YSp-AXzPaHc Video instruction to storytelling Lecture “Holy Listening and Storytelling” 2. Mandala Making, the Terrain of your heart. 3. Small groups – Leadership and storytelling	Storytelling and Holy Listening, Silence, Counter Story, Know Thy Self. Mandala Making	Buckwell sections 3 Barton, chapters 6-9. Bryant-Johnson, chapters 5 - 10, Guenther, chapters 1-4.	1. Storytelling Videos reflection paper. 2. Verbatim from yesterday’s spiritual direction.
Wednesday June 23 Afternoon	1. Spiritual Direction 2. Verbatim 3. Debrief	Listening Filters, Formational Questions	Laird, chapters 4 – 7	1. Spiritual Direction 2. Observer graph of the story levels
Thursday June 24 Morning	1. “Multiculturalism in a pluralistic world” – the shift from “What” to “How” 2. Resistance 3. Ethics and Spiritual direction 4. Small group review of Law book	Prayer: movie meditation “The Blindside”	Buckwell, Sections 3-6 Bryant-Johnson, chapters 11-13 and about the authors. Barton, chapters 10 – 13 Benner & Moon, Part 2	1. Storytelling abstract 2. Readings

Thursday June 24 Afternoon	<ol style="list-style-type: none"> 1. Spiritual direction on experience of cultures 2. Verbatim, observers story level listening, formational questions 3. Library time for research for multicultural paper 4. Large group debrief 	Creative Arts in prayer: Meditative movement, prayer postures, and information on Creation of prayer mat, puzzle piece prayers	Law, chapters 2-8	<ol style="list-style-type: none"> 1. Spiritual Direction 2. Verbatim 3. Observer story levels 4. Library Research
Friday June 25 Morning	<ol style="list-style-type: none"> 1. Bringing it all together – small group summary of all readings and Presentation to class. 2. “Turning the umbrella upside down.” 3. Questions about Multicultural paper. 	Prayer – Visio Divina – icon gazing, and silence.	Review all readings. Barton, Larid, Barry & Connolly, Buckwell Afterward.	<ol style="list-style-type: none"> 1. Preliminary theme with a short bibliography for multicultural leadership paper.

Bibliography

- Barry, William A. and William J. Connolly. 2009. *The Practice of Spiritual Direction*. New York: HarperOne. ISBN # 978-0-06-165263-9.
- Barton, Ruth Haley. 2012. *Pursuing God’s Will together: A Discernment Practice for Leadership Groups*. Downers Grove, IL: IVP Books. ISBN #978-0-8307-3566-9.
- Barton, Ruth Haley. 2018. *Strengthening the Soul of Your Leadership: Seeking God in the Crucible of Ministry*. ISBN # 978-0-8308-4645-0.
- Beckman, Betsey and Christine Valters Paintner. 2010. *Awakening the Creative Spirit: Bringing the Arts to Spiritual Direction*. New York: Morehouse Publishing. ISBN # 978-0-8192-2371-5.
- Benner, David G. 2012. *Spirituality and the Awakening Self: The Sacred Journey of Transformation*. Grand Rapids, MI: Brazos Publishing. ISBN #978-1-58743-296-5.
- Benner, David G. and Gary W. Moon. 2004. *Spiritual Direction and the Care of Souls: A Guide to Christian Approaches and Practices*. Downers Grove, IL: IVP Academic. ISBN # 978-0-8308-2777-0.

- Boa, Kenneth. 2001. *Conformed to His Image: Biblical and Practical Approaches to Spiritual Formation*. Grand Rapids, MI: Zondervan. ISBN # 978-0-310-23848-5.
- Bourgeault, Cynthia. 2004. *Centering Prayer and Inner Awakening*. New York: Cowley Publications. ISBN # 978-1-56101-262-6
- Brown, Brene'. 2018. *Dare to Lead: Brave Work. Tough Conversations. Whole Hearts*. New York: Random House. ISBN # 978-0-399-59252-2.
- Buckwell, Brenda. 2015. *The Advent of God's Word: Listening for the Power of the Divine Whisper*. Woodstock, VT: Skylight Paths. ISBN # 978-1-59473-576-9.
- Buckwell, Brenda. 2020. *Spiritual Direction and the Metamorphosis of Church*. Nashville, TN: Wesley's Foundery Books. ISBN # 978-1-945935-80-0.
- Burney, Claudia Mair. 2015. *God Alone Is Enough: A Spiritual Journey with St. Teresa of Avila*. Brewster, MA: Paraclete Press. ISBN # 978-1-55725-661-4.
- Cheen, Guo and Kathe Schaaf, Kay Lindahl, and Kathleen C. Hurty, editors. *Women, Spirituality and Transformative Leadership: Where Graced Meets Power*. Skylights Path Publishing: www.skylightspath.com .
- Chittister, Joan. 2019. *The Time is Now: A Call to Uncommon Courage*. New York: Convergent. ISBN # 978-1-9848-2341-0.
- Fryling, Alice. 2003. *The Art of Spiritual Listening: Responding to God's Voice amid the Noise of Life*. New York: Waterbook Press. ISBN # 978-0-87788-087-5.
- Frank, Thomas Edward. 2000. *The Soul of the Congregation: An Invitation to Congregational Reflection*. Nashville, TN: Abingdon Press. ISBN # 0-687-08717-1.
- Guelich, Robert A. and Janet O. Hagberg. 2005. *The Critical Journey: Stages in the Life of Faith*. Salem, Wisconsin: Sheffield Publishing Company. ISBN #978-1-879215-49-8.
- Guenther, Margaret. 1992. *Holy Listening: The Art of Spiritual Direction*. Boston, MA: Cowley Publications. ISBN # 1-56101-056-1.
- Gutiérrez, Gustavo. 2003. *We Drink from Our Own Wells: The Spiritual Journey of a People*. New York: Orbis Books. ISBN # 1-57075-496-9.
- Judy, Dwight. 2013. *A Quiet Pentecost: Inviting the Spirit into Congregation Life*. Nashville, TN: Upper Room Books. ISBN # 978-0-8358-1199-6.
- Kaur, Valarie. 2020. *See No Stranger: A Memoir and Manifesto of Revolutionary Love*. Great Britain: Aster Publishing. ISBN # 978-1-78325-407-1.

- Koestenbaum, Peter. 2002. *Leadership: The Inner side of Greatness, a Philosophy for Leaders*. San Francisco, CA: Jossey – Bass. ISBN # 0-7879-5956-1.
- Laird, Martin. 2006. *Into the Silent Land: A Guide to the Christian Practice of Contemplation*. New York: Oxford University Press. ISBN # 0-19-530760-7.
- Law, Eric H, F. 2004. *The Word at the Crossings: Living the Good News in a Mutlicontextual Community*. St. Louis, MO: Chalice Press. ISBN # 978-0-827242-44-9.
- Mulholland, M. Robert, Jr. 2000. *Shaped by the Word: The Power of Scripture in Spiritual Formation*. Nashville, TN: Upper Room Books. ISBN #978-0-8358-0936-8.
- Nouwen, Henri J.M. 1989. *In the Name of Jesus: Reflections on Christian Leadership*. New York: Crossroad. ISBN #0-8245-0915-3.
- Nouwen, Henri with Michael J. Christensen and Rebecca J. Laird. 2006. *Spiritual Direction: Wisdom for the Long Wald of Faith*. New York: HarperOne. ISBN # 978-0-06-242393-1.
- Nouwen, Henri with Michael J. Christensen and Rebecca J. Laird.2010. *Spiritual Formation: Following the Movements of the Spirit*. New York: HarperOne. ISBN # 978-0-06-242394-8.
- Galbraith, Craig S. and Oliver Galbraith. 2004. *The Benedictine Rule of Leadership: Classic Management Secrets You Can Use Today*. Avon, MA: Adams Media. ISBN # 1-59337-005-9.
- Paintner Valters, Christine. 2015. *The Soul of a Pilgrim: Eight Practices for the Journey Within*. Notre Dame, IN: Sorin Books. ISBN # 978-1-933495-86-6.
- Parker, Evelyn L. and Anne E. Streaty Wimberly, ed. 2002. *In Search of Wisdom: Faith Formation in the Black Church*. Nashville, TN: Abingdon Press. ISBN # 978-0-687-06700-8.
- Peacock, Barbara L. 2020. *Soul Care in African American Practice*. Downers Grove, IL: IVP. ISBN # 978-0-8308-4671-9.
- Rohr, Richard. 2011. *Falling Upward: A Spirituality for the Two Halves of Life*. San Francisco, CA: Jossey - Bass. ISBN # 978-0-470-90775-7.
- Seamands, Stephen. 2005. *Ministry in the Image of God: The Trinitarian Shape of Christian Service*. Downers Grove, IL: IVP Books. ISBN # 978-0-8308-3338-2.
- Stafford, Gil. W. 2014. *When Leadership and Spiritual Direction Meet: Stories and Reflections for Congregational Life*. Lanham, Maryland: Rowman & Littlefield. ISBN # 978-1-56699-441-5.

Tomaine, Jane. 2005. *St. Benedict's Toolbox: The Nuts and Bolts of Everyday Benedictine Living*. Harrisburg, PA: Morehouse Publishing. ISBN # 0-8192-21520-x.

Yamaski, April. 2018. *Four Gifts: Seeking Self-Care for Heart, Soul, Mind, and Spirit*. Harrisonburg, VA: Herald Press. ISBN # 978-1-5138-0334-0.