

**Garrett Evangelical-Theological Seminary  
CL 687 E Practicum in Spiritual Formation  
Spring, 2020**

**GBHEM Description**

Practicum in Spiritual Formation/Direction: Supervised field education in spiritual guidance of individuals and groups; requiring regular engagement in one's own spiritual direction, offering individual and/or group spiritual direction to others, participation in peer supervision, personal written reflections. The practicum will take place through a training center or parish as approved by the seminary monitoring this course.

For MS and New York Two-year Spiritual Direction Programs  
*Write a 12-15 page integrative paper based on your experience and the resources of your  
Spiritual Direction Program*

**Suggested Topics:**

Spiritual Direction Case Study and Integrative Reflection utilizing 5 or more resources (see below)  
OR

Plan for 6-8 week spiritual formation small group study OR 6-8 hour retreat and  
integrative reflection utilizing 5 or more resources.

OR

Plan for spiritual formation focus in your ministry setting and integrative reflection utilizing 5 or more  
resources.

Please discuss your thoughts with instructor before beginning your writing. E-mail me at:  
[Dwight.Judy@garrett.edu](mailto:Dwight.Judy@garrett.edu)

You will also prepare the **Application for Professional Certification in Spiritual Formation**, which is to be submitted to the United Methodist General Board of Higher Education and Ministry and your annual conference. I will send this to you and will review it with you. It be due by March 20, 2020.

**Guidance for focus and content for Spiritual Direction Case Study**

This assignment offers an invitation to choose a spiritual direction conversation, and along with writing up the conversation in verbatim form, to engage in a broad-ranging and integrative reflection as part of the process.

In your case study include:

1) *the verbatim components*

Personal background and spirituality of the directee

Include reflection on stages of spiritual formation you become aware of as you listen to and discern this person's life and soul narrative.

Background and context of meeting

Verbatim of the conversation

Include the actual conversation, also your own, inner feelings, etc. (Left hand column)

## 2) integrative reflection

- a. Discussion of the relationship and work of the director – see “Writing A Verbatim” and “Reflecting on a verbatim” handouts.
- b. In your discussion/reflection include focused references to:
  - readings, course lectures (cite at least 5 sources – from readings and lectures)
  - your experience of giving spiritual direction,
  - personal progress reports, reflection papers,
  - earlier verbatim.

These references would include work done in all training retreats and home-based work.

### **Format**

Prepare your case study and integrative reflection in the regular verbatim format. The sections for reflection will necessarily be longer and more complete as you decide which readings, lectures, etc. to refer to and include. Include a bibliography of references to readings you quote and/or refer to. Use one form of citations in consistent way. If you have questions, use G-ETS Style Sheet.

Your completed case study and integrative reflection should be 12 - 15 pages long, double spaced.

### **Submission**

Send your completed work to via e-mail attachment to:

Dwight.Judy@garrett.edu

**Final date for submission: March 20, 2020**

**Very important: Please include your name and email address on the title page.**

**And please number your pages. Thank you ! 😊**

**Utilize bibliography from your training program**

### **Additional Suggested Bibliography**

Adel Ahlberg Calhoun, *Spiritual Disciplines Handbook: Practices that Transform Us* (Downers Grove, IL: Intervarsity Press, 2015). ISBN: 978-0830846054.

Rose Mary Dougherty, *Group Spiritual Direction: Community for Discernment* (New York: Paulist Press, 1995).

Dwight H. Judy, *A Quiet Pentecost: Inviting the Spirit into Congregational Life* (Nashville: Upper Room Books, 2013). ISBN: 978-0835811996.

Gerald G. May, *The Dark Night of the Soul: A Psychiatrist Explores the Connection between Darkness and Spiritual Growth*. New York: HarperCollins, 2004. ISBN: 9780060750558. \$11.99.

Wendy Miller, *Jesus, Our Spiritual Director: A Pilgrimage through the Gospels* (Nashville: Upper Room Books, 2004), ISBN: 978-0835898768.

Gil A. Stafford, *When Leadership and Spiritual Direction Meet: Stories and Reflections for Congregational Life* (Rowman & Littlefield, 2014). ISBN: 978-1566994415.

Margaret Silf, *Inner Compass: An Invitation to Ignatian Spirituality* (Chicago: Paulist Press, 1999). ISBN: 978-0-8294-26458.

Evelyn Underhill, *Mysticism: The Nature and Development of Spiritual Consciousness, Part II, "The Mystic Way"* (Dover Publications, 2002) ISBN: 978-0486422381. \$17.02.

Jane Vennard, *A Praying Congregation: The Art of Teaching Spiritual Practice* (Rowman & Littlefield, 2005). ISBN: 978-1566993135.

Jane Vennard, *Be Still: Designing and Leading Contemplative Retreats* (Rowman & Littlefield, 2000). ISBN: 978-1566992299.

Norvene Vest, *Gathered in the Word: Praying the Scripture in Small Groups* (Nashville: Upper Room Books, 1996). ISBN: 978-0835808064.

Norvene Vest, *Still Listening: New Horizons in Spiritual Direction* (Harrisburg, PA: Morehouse, 2000) ISBN: 978-0819218148

Teresa of Avila (trans. Mirabai Starr), *The Interior Castle* (New York, Riverhead Books, 2003). ISBN: 978-1594480058. \$12.80.

John of the Cross (trans. Mirabai Starr), *Dark Night of the Soul* (New York, Riverhead Books, 2002). ISBN: 978-1573229746. Kindle: \$11.99.

Ignatius of Loyola (trans. George Ganss, S.J.) *The Spiritual Exercises of St. Ignatius of Loyola* (Chicago: Loyola Press, 1992). ISBN: 978-0829407280. \$11.81.