**Welcome to CAP Module One:   
Understanding the Fundamentals   
of Spiritual Direction**  
September –December 2024

**Instructor**: Linda Serepca ([Lindaserepca10@gmail.com](mailto:Lindaserepca10@gmail.com)) 704-776-3787

**Required texts:**   
1. Holy Listening by Margaret Gunther   
2. Spiritual Direction 101 by Teresa Blythe

**Assignments:**~Read weekly articles for discussion and make notes ~ including questions, stirrings, and noticings to process the material with your peers.  
~Write a faux verbatim after reading Holy Listening and Spiritual Direction 101 (due Nov 21 or Dec 5 class) to present to the class.

**Expectations:**   
~Openness to the Spirit and respect for all faith traditions!  
~Faithful attendance and active participation for each class, Thursdays, 11:30-1:30. Please give advance notice if you MUST miss class and plan to catch up on the lesson with a peer.  
~Obtain and meet with your own personal spiritual director once a month.   
*~Keep a journal (as best you can) with prompts 1. I notice…(awareness) 2. I’m curious about… (attentive exploration) 3. I wonder how I can… (active response)*

**Schedule:  
Sept 12 INTRO!**  
**Didactic:** The Difference Between Religion and Spirituality   
**Article Discussion**:  
1. Defining Spiritual Direction from “Inviting the Mystic, Supporting the Prophet: An Introduction to SD by Katherine Marie Dyckman, SNJM and L. Patrick Carroll, SJ   
2. The Art of Spiritual Direction by Madeline Birmingham and William Connolly, SJ

**~Sept 19 Didactic:** Active Listening Skills/Contemplative & Evocative Style SD **Article Discussion** Fostering the Contemplative Attitude from The Practice of Spiritual Direction by William Barry, SJ and William Connolly, SJ

**~Sept 26 Didactic:** Switching Hats from Pastor to Spiritual Director with Rev. Anne Findlay-Chamberlain, M.Div  **Article Discussion** Facilitating an Adult Relationship with God by William Barry, SJ, Presence Magazine

**~Oct 3** **Didactic:** Stages of Faith and Active Listening Skills **Article Discussion** Experiencing God by James Keegan, SJ, Presence Magazine

**~Oct 10** **Didactic:** Compassionate Attention in SD **Article Discussion** 1. Transformation of Consciousness: Becoming Prayer by Mary Rees   
2. The Practice of Contemplation as Witness and Resistance by Christine Valters Paintner, Presence Magazine

**~Oct 17** **Didactic:** The Enneagram andCenters of Knowing with Rev. Carol Hassell, M.Div **Article Discussion** Enneagram Centers of Knowing and the Understanding of the Sacred by Nathan Bettger, Presence Magazine

**~Oct 24** **Didactic:** The Enneagram in Spiritual Direction with Rev. Carol Hassell, M.Div

**~Oct 31** **Didactic:** Shame in SD and Intro to Verbatim **Article Discussion:** Shame: A Primary Resistance to Movement in Spiritual Direction by James Bowler, Presence Magazine

**~Nov 7** **Didactic:** Grief in SD **Article Discussion:** 1.Spiritual Direction for the Bereaved” Grief, Spiritual Crisis and the Dark Night of the Soul by Tract Allendale Hawthorne, Presence  
2. Listening to the Whole Story of Grieving: A New Compass to Navigate a Griever’s Healing Path by Shea Darian, Presence Magazine  
~**Nov 14** **Didactic:** When the Wound Goes Deep: How to Healwith Chaplain Terri Bolotin, M.Div, Atrium Health  
~**Nov 21** **and Dec 5** **Class Discussion:** Spiritual Direction 101 verbatims