

Hesychia School of Spiritual Direction

Retreat 1: The Art of Spiritual Direction

January 20 - 25

Dates & Times	Monday Jan. 21	Tuesday Jan. 22	Wednesday Jan. 23	Thursday Jan. 24	Friday Jan. 25
9:15 – 10:30	Welcome by the Hesychia Team & Intro. To Desert Spirituality ~ Santa	Lectio Divina ~ Srubas	History of Spiritual Direction in the Contemplative Tradition ~ Bever	Spiritual Direction Listening Skills ~ Barerra	Intro. To Inner Life and Religious Experience: Steps for the Journey ~ Santa
10:30 – 10:45	Break	Break	Break	Break	Break
10:45 – 11:45	Session continues	Session continues	Session continues	Session continues	Session continues
Noon	LUNCH and Free Time	LUNCH and Free Time	LUNCH and Free Time	LUNCH and Free Time	LUNCH
1:30 – 3:00	More on Desert Spirituality ~ Santa 3:30 – Intro to Practicum (basic skills) ~ Blythe	The Role of the Spiritual Director ~ McNealys 3:30 – Intro to Practicum Continues ~ Blythe	TBA ~ Santa	Observation and Reflection on a Real Spiritual Direction Session ~Foraker and Cohn	
3:00 – 3:15	Break	Break	Break	Break	
3:15 – 4:30	Practicum Lecture Continued	Practicum Intro. Continued	Practicum ~ Blythe & Foraker	Practicum ~ Blythe & Foraker	
4:30 – 6:00	Free Time Till Dinner	Free Time till Dinner	Free Time till Dinner	Free Time till Dinner	

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Retreat 2: Spiritual Direction and Tradition

January 28 – February 1

	Monday Jan. 28	Tuesday Jan. 29	Wednesday Jan. 30	Thursday Jan. 31	Friday Feb. 1
9:15 – 10:30	Introduction to Interfaith Spiritual Direction ~ Foraker	Spiritual Direction in Zen Buddhism ~ Hawk	Islam and Spiritual Direction ~ Nadir	Hinduism and Spiritual Direction ~ Chandola	Putting It All Together ~ Foraker
10:30 – 10:45	Break	Break	Break	Break	Break
10: 45 – 11:45	Session continues	Session continues	Session continues	Session continues	Session continues
Noon	Lunch & Free Time	Lunch & Free Time	Lunch & Free Time	Lunch & Free Time	Lunch
1:30 – 3:00	Spiritual Direction in the Jewish Tradition ~ Rubin	Cosmology and New Science ~ Renouf	Spiritual Direction with the "spiritual but not religious" ~ Morrison	Themes in Native American Spirituality ~ Steele	
3:00 – 3:15	Break	Break	Break	Break	
3:15 – 4:30	Practicum ~ Blythe & Foraker	Practicum ~ Blythe & Foraker	Practicum ~ Blythe & Foraker	Practicum ~ Blythe & Foraker	
4:30 - 6:00	Free Time Till Dinner	Free Time Till Dinner	Free Time Till Dinner	Free Time Till Dinner	

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Retreat 3: Contemplation and Spiritual Growth

April 6 - 11

	Monday April 7	Tuesday April 8	Wednesday April 9	Thursday April 10	Friday April 11
9:15 – 10:30	Welcome & Introductions Introduction to the Principles of Spiritual Discernment ~ Blythe	The Mind-Body Connection in Spirituality ~ Panebianco	Psychological Dimensions and Spiritual Direction ~ Duckro	Honoring the Masculine in Spiritual Direction ~ Foraker	Honoring the Masculine in Spiritual Direction ~Morrison
10:30 – 10:45	Break	Break	Break	Break	Break
10: 45 – 11:45	Session continues	Session continues	Session continues	Session continues	Session continues
Noon	LUNCH & Free Time	LUNCH & Free Time	LUNCH & Free Time	LUNCH & Free Time	LUNCH
1:30 – 3:00	Writing as Spiritual Practice ~ Srubas	The Intersection of Sexuality and Spirituality for the Spiritual Director ~ Wiest	The Spiritual Movements of Consolation and Desolation ~ Duckro	Gender Issues and Spiritual direction with LGBT Persons ~ Wiest	
3:00 –3:15	Break	Break	Break	Break	
3:15 – 4:30	Session continues	Practicum ~ Blythe & Foraker	Practicum ~ Blythe & Foraker	Practicum ~ Blythe & Foraker	
4:30 – 6:00	Free Time till Dinner	Free Time till Dinner	Free Time till Dinner	Free Time till Dinner	

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Retreat 4: The Practice of Spiritual Direction

April 14 – 18

	Monday April 14	Tuesday April 15	Wednesday April 16	Thursday April 17	Friday April 18
9:15 – 10:30	How to Set Up a Practice of Spiritual Direction ~ Blythe	Self-Esteem and Self-Care in Spiritual Direction ~ Wehrey	Working with Victims of Trauma in Spiritual Direction ~ TBA	Spiritual Direction with Groups and Organizations ~ Blythe	Wrapping Up & Ceremony of Completion (until approx 11:30 am)
10:30 – 10:45	Break	Break	Break	Break	
10:45 – 11:45	Session continues	Session continues	Session continues	Session continues	
Noon	LUNCH & Free Time	LUNCH & Free Time	LUNCH & Free Time	LUNCH & Free Time	LUNCH & Depart
1:30 – 3:00	Images in Spiritual Direction ~ Morrison	Spiritual Direction and Addictions ~ Steele	Spiritual Direction Supervision ~ Morrison & Cohn	Moral Issues and the Code of Ethics in Spiritual Direction ~ TBA	
3:00 – 3:15	Break	Break	Break	Break	
3:15 – 4:30	Practicum ~ Blythe & Foraker	Practicum ~ Blythe & Foraker	Practicum ~ Blythe & Foraker	Practicum ~ Blythe & Foraker	
4:30 – 6:00	Free Time Till Dinner	Free Time Till Dinner	Free Time Till Dinner	Free Time Till Dinner	