

# Hesychia School of Spiritual Direction

Description of classes

## Week One

### *Welcome to Hesychia and Desert Spirituality*

Our first class is designed to introduce you to the program and its leadership, your fellow participants, the Sonoran Desert and the history of desert spirituality. We explain the importance of our location and our indebtedness to the desert fathers and mothers and what the contemplative tradition of spiritual direction and *hesychia* are all about.

Instructor: Father Greg Wiest of the Redemptorist Renewal Center

### *Introduction to Practicum*

The practice of spiritual direction is the focus of all our practicum sessions. We begin the week of practicum with a basic introduction to listening skills; an explanation of the non-directive or “evocative” mode of spiritual direction which we teach and promote; and an outline of how we will handle our small group practicum sessions, which are the heart of our teaching about practical skills. Part of this opening class includes listening to the life story and spiritual journey of our hospitality coordinators, Ken and Margaret McNealy.

Instructor: Teresa Blythe, Director of the Hesychia School

### *Lectio Divina*

An experiential class of learning about the ancient Benedictine practice of “sacred reading.” You will learn about lectio divina and practice it in different ways.

Instructor: Rev. Rachel Srubas, pastor of Mountain Shadows Presbyterian Church and Benedictine Oblate

### *Observing a real spiritual direction session*

We bring in an experienced spiritual director and a person who has agreed to be the directee for you to observe a real session in action. Time for observations and reflection is included.

Instructor: Greg Foraker, Director of Adult Formation at St. Philip’s in the Hills Episcopal Church

### *History of Spiritual Direction in the Contemplative Tradition*

Where does this practice of spiritual direction come from? Who are our historical fathers and mothers? This class explores the key prophets, theologians and practitioners that have passed the ministry down to us today.

Instructor: Sr. Marilyn Bever, Arizona Ecumenical Institute for Spiritual Direction

### *The theology of Prayer*

An exploration of how prayer has been understood throughout the ages. Also the importance of theology (how we understand God) to spiritual direction.

Instructor: Fr. Greg Wiest

### *Understanding differences among Christians*

Christians have a variety of ways of speaking about who God, Christ and the Spirit are. This class will explore the many kinds of Christians you may encounter in spiritual direction and provide tips for how to work with persons who hold a very different theology from yours.

Instructor: Teresa Blythe

*Stages along the Spiritual Journey*

This session looks at the many stages that humans frequently move through as they seek God along a spiritual path. It will provide you with a framework to help you assist a person regardless of where they may be on their journey.

Instructor: Fr. Thomas Santa, Director of the Redemptorist Renewal Center

## **Week Two**

*Introduction to Interfaith Spirituality*

What does it mean to embrace a multi-faith world? This class helps you prepare for the many presentations you will receive in the week-long exploration of spiritual guidance in many traditions.

Instructor: Greg Foraker

*Spiritual Direction in the Jewish Tradition*

The practice of spiritual direction in the contemplative tradition is becoming more common among Jews. This class will give a brief overview of Jewish spirituality and will give you insights into how spiritual direction may differ in the Jewish tradition.

Instructor: Rabbi Helen Cohn, spiritual director and leader of M'kor Hayim congregation

*Spiritual Guidance in the Hindu Tradition*

You will receive an introduction to Hinduism and the spirituality of the Hindu people. The history of this ancient faith will also be discussed. Our instructor will tell many stories from her faith tradition that illustrate how spiritual guidance (under a guru) is perceived.

Instructor: Su Chandola, University of Arizona Far East studies instructor

*The spirituality of Zen Buddhism*

The pathless path of Zen Buddhism will be introduced with history, philosophy and practiced outlined. This class usually includes a tour of the Zendo that is housed on the campus of the RRC.

Instructor: Fr. Pat Hawk, Redemptorist priest and Zen Roshi

*Spiritual Guidance in the Islamic Tradition*

This class is a presentation on the history, beliefs and practice of orthodox Muslims. The instructor will explain the many practices that make up the spirituality of Islam (word meaning submission to Allah).

Instructor: Dr. Aneesah Nadir, community educator and retired ASU Social Work instructor

*Cosmology, the New Science and Spiritual Direction*

Our story of how the universe came to be greatly influences our faith and theology. This class will help us marvel at the New Story of the Universe, and how this new worldview can transform spirituality.

Instructor: Sr. Jane Comerford, spiritual director at the Desert House of Prayer

*Spiritual Direction for the "Spiritual but not Religious"*

Many people coming to spiritual direction may have little to no background in traditional faith but are seeking a deep and meaningful relationship with God. Working with them may feel a bit different than working with persons who come from one tradition. Our instructor will help us with language and skills that can free us to work with these sincere seekers.

Instructor: Rev. Lee Morrison, retired hospice chaplain and UMC minister

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*Themes in Native American Spirituality*

There is not even a word for spirituality in most native American tongues. Our instructor will share some facts about how Native Americans tend to speak about Spirit matters and will invite us into a ceremony of the talking circle.

Instructor: Victoria Redhawk Steele, counselor and spiritual guide who descends from the Seneca-Mingo people of central Pennsylvania

*Putting it all together*

This class, at the end of week 2, allows a lot of time for discussion and integration of what you have seen, heard and learned together.

Instructor: Greg Foraker

## **Week Three**

*Principles of Spiritual Discernment*

Discernment is one spiritual practice that drives many people into spiritual direction for guidance. It means "faithful choices," and there are many ways to help a person discern around their life choices. Principles from the Quaker and Ignatian tradition will be presented.

Instructor: Teresa Blythe

*12-Step Spirituality*

The Oxford Group's highly successful Alcoholic Anonymous program (and its many offshoot organizations) has had an enormous impact on spirituality in the United States. Many people coming for spiritual direction will refer to "12-step spirituality" as their faith tradition. This class outlines the 12 steps and discusses how spiritual direction can benefit from understanding them.

Instructor: Fr. Greg Wiest

*Spiritual Direction with victims of Trauma*

A person with trauma in their history may especially benefit from the gentle and accepting nature of the non-directive spiritual direction. Find out what trauma is, what the person with trauma needs, and get tips on how to handle those times when you may need to help the person get additional care.

Instructor: Sr. Jane Comerford

*Setting up a Spiritual Direction Practice*

This is our "nuts and bolts" class about how to let the world know you are accepting directees and what to do once you get them. Covers issues of where to offer direction, how to market yourself, how to ask for and receive compensation, and ways to network in the community.

Instructor: Teresa Blythe

*Working with Images in Spiritual Direction*

Dream images, art work, images from film or television, traditional spiritual images—all of these come up in spiritual direction. This class will offer you some tools for working with images in spiritual direction.

Instructor: Rev. Lee Morrison

*Supervision of the Spiritual Director*

Everyone who does spiritual direction needs a supervisor. To drive this point home, we hold an actual supervision session in front of the class so you see how valuable and supportive this process is. We will explain what supervision is, how it is done, and how to find a supervisor.

Instructor: Rev. Lee Morrison

*Psychological Dimensions of Spiritual Direction*

Therapy and Spiritual Direction are quite different yet there are psychological dimensions of spiritual direction that you need to be aware of. Our instructor is a therapist and a spiritual director and will lead you through a way of understanding the human person that will help you determine the difference between the two kinds of relationships.

Instructor: Dr. Paul Duckro, Diocese of Tucson

*Consolation and Desolation in Spiritual Direction*

The Ignatian concepts of moving toward God and moving away from God are discussed in detail in ways that will help spiritual directors draw attention to both. How to work with both movements to help a person deepen in relationship with God.

Instructor: Paul Duckro

*Group Spiritual Direction & Clearness Committee*

Several models of group spiritual direction are presented along with the benefits and challenges of each one. Special attention is paid to the Quaker practice of communal discernment known as "clearness committee." The group will form a clearness committee to help a designated focus person with a discernment question.

## **Week Four**

*The Spiritual Director's Code of Ethics*

This class digs deeply into the small booklet "A Code of Ethics for Spiritual Directors," and discusses topics such as dual relationships, beginning and ending spiritual direction relationships, and confidentiality.

Instructor: Teresa Blythe

*Writing as Spiritual Practice*

Whether or not you see yourself as a writer, the written word has an important place in the spiritual journey. We will explore our relationship to words and our instructor will evoke from you some writings about your spiritual life.

Instructor: Rev. Rachel Srubas

*Honoring the Masculine in Spiritual Direction*

An exploration of men's spirituality and some issues that may come up when working with men.

Instructor: Greg Foraker

*Honoring the Feminine in Spiritual Direction*

An exploration of women's spirituality and some issues that may come up with working with women.

Instructor: Rev. Lee Morrison

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*Self Care for the Spiritual Director*

A class designed to highlight the importance of extreme self care for the person who works as a spiritual guide for others.

Instructor: Fr. Charlie Wehrley, Redemptorist priest and retreat leader

*The Mind-Body-Spirit Connection*

In the quest for wholeness, we must pay attention to all of who we are—mind, body and spirit. This class will help us learn to relax our body and listen to our body so that our mind, body and spirit may come into alignment.

Instructor: Natasha Korshak, yoga and mindfulness instructor at Miraval resort

*Spiritual Direction with LGBTQ persons*

An exploration of spirituality for the lesbian, gay, bisexual, transgender, queer person and some issues that may come up when working with this community.

Instructor: Fr. Greg Wiest

*Making a Retreat*

Some suggestions and “how to” principles for working as a spiritual director with persons on a retreat.

Instructor: Fr. Paul Coury, Redemptorist priest and retreat leader