

Semester 1
Internship Class
Updated June 29, 2022 and 7/4 by OB
Changes made 7/27/LHH

September 7: Welcome & Getting to Know You:

- 6:00 Opening prayer
- 6:10 Ice breakers-Nancy
- 6:30 Introductions-Nancy
- 6:45 Semester overview-Oscar
- 7:00 Power point on history of SD-Lisa
- 7:10 Intro to listening deeply-Oscar
- 7:25 Announcements (Bring some something with which to contemplate)
- 7:30 Break
- 7:45 Book group- 3 groups, run by team

September 14- Taking a Contemplative Stance:

- 6:00 Opening prayer
- 6:10 Listening Skills-Oscar
- 7:30 Break
- 7:45 Intro to Contemplation PPT - Lisa
- 8:00 Contemplation using the senses-Nancy
- 8:50 Announcements (download Zoom on portable device)

Readings:

[Burghardt: A long loving look at the real](#)

[May: It's all light](#)

[Rohr: Consciousness and contemplation](#)

[Why pay attention to feelings?](#)

[Shalem: What is contemplative spirituality?](#)

[Stendhal-Rast: Encounter with God through the senses](#)

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Sept 21: Taking a Contemplative Stance in a Group & Within:

- 6:00 Opening prayer
- 6:10 Intro to Triads (Oscar)
- 6:25 Real play with triads (Partners)
- 6:55-7:10 Introduce Justin's theme: "Pleasures of Presence"
Switch to portable device/reopen Zoom
- 7:10-7:30 "Pleasures of Presence" – outdoor (if desired) guided meditation
- 7:30-7:45 Break
- 7:45-8:30 Break into Triads about POP experience... follow Triad teaching
Each person plays each role of the triad
- 8:30-8:50 Process in large group
- 8:50-9:00 Announcements

Readings:

Rahberg: Touchstones, experiences in nature

Valtners Painter: Earth as the Original Spiritual Director

In the Great Smoky Mountains, fireflies have become a source of tourism — and solace – The Washington Post

Sept 28: Deep Listening with Your Authentic Self

- 6:00 Opening prayer
 - 6:10 Theological Foundations using Teresa Blythe's Chapter 3 Interactive group discussion-Lisa
 - 6:40-7:30 Introduce Justin's theme: "Soul Craft" (this will be similar to the SLC event)
 - 7:30-7:45 Break
Use the time to find an image that reflects Justin's teaching (or use one of his images)
 - 7:45-8:05 Break into Dyads
 - 8:05-8:35 Discuss the video of the podcast (required HW)
- 3 Breakouts:
- Where did you notice authenticity?
 - Where did you notice freedom? Theirs and yours?
 - Where did you notice discomfort? Theirs and yours?
 - What might it be like to be in a group like that?
- 8:35-8:50 Process in large group
 - 8:50 Announcements

Readings:

- Teresa Blythe Chapter 5
- Alok Vaid-Menon's presentation on "The Urgent Need for Compassion" - an example of how living one's authenticity can help others express theirs:
<https://www.youtube.com/watch?v=Tq3C9R8HNUQ>
- 30 min YouTube video of Bill Plotkin describing Soul Initiation in clear terms. If possible, please add to the syllabus/resources: Bill Plotkin "Soulcraft" Earth Talk at Schumaker College, UK
<https://www.youtube.com/watch?v=mF0dR1XCNYQ>
- [Brockmeyer: Active listening for spiritual companions](#)

October 5- Anam Cara: Intimacy in relationship to other, the Divine, and Earth. (Lisa Dahill will be joining us.)

- 6:00 Opening prayer
- 6:10 Intimacy with others, Divine
- 6:30 Break into Dyads to discuss ("Pair share")
- 6:40 Relationship with Earth
- 7:10 Break into Dyads to discuss ("Pair share")

- 7:30 Break
- 7:45 Assumptions of SD here —45 min. Getting your bearings, group discussion. What is your image of SD right now? Oscar
- 8:30 Following the thread-Nancy
- 8:50 Announcements

Readings:

- Simon De Voil Sermon on Anam Cara at Squamish UCC 8/29/21. Simon places soul friendship into the context of intimacy with self, other, the Divine.
https://www.youtube.com/watch?v=nn_kw0ku06A
- Suggested readings for those who would like to go deeper include John O'Donohue's Anam Cara and Christine Valters Paintner's The Soul's Slow Ripening
- Bring a blank card

October 12-Contemplating Relationships:

- 6:00 Opening prayer
- 6:10 Content on Individual SD-Lisa
- 6:30 Real play Individual SD one on one-Lisa & partner
- 7:00 Processing of Individual SD-Lisa
- 7:30-Break
- 7:45 Describe the following activity by reviewing the list of relational words that help us to contemplate our own relationships. Lisa will demonstrate the expectations for this activity.
- 8:00 Interns will be sent a list of adjectives with relational words. For class, they will bring a picture of someone that they are in relationship with. Working in triads, each intern, partner, and team member will describe their photo in detail using a few of the relational words to describe their feelings, emotions, and thoughts about this person/people/animal. Each member will have 10 minutes to present, then triad members will ask them questions.
- 8:30 Processing the above activities.-Team
- 8:50 Announcements

Readings-

[SDI, What is Spiritual Direction_Companionship](#)

[Billy: From silence to silence](#)

[Schmitt: SD as life servant](#)

[Remen, Being Used](#)

[Diltz-Spiritual Director_Midwife](#)

[Bryant-Johnson: Living my Legacy](#)

[Abbott-Tucker, Portrait of a Spiritual Director](#)

October 26-Contemplating the Cosmos:

- 6:00 Opening prayer
- 6:10 Contemplating the Cosmos-Tom Carr

- 7:30 Break
- 7:45 Continue with Tom Carr
- 8:30 Regrounding using a body prayer-Nancy
- 8:50 Announcements

Readings-

[Cannato: Universe story and SD](#)

[Cannato: Radical amazement](#)

[Moran: SD and the new cosmology](#)

November 2-Contemplative Practices Part 1:

- 6:00 Opening prayer
- 6:10- Round robin x3
 - Boundaries& Counseling in SD-Oscar (Power Diff between 'tor & 'tee)
 - Ethics & SDI-Nancy
 - Intake & Initial Interview-Lisa
- 7:15 Break
- 7:30 3 forms of prayer:
 - Lectio Divina-Lisa
 - Journaling-Oscar
 - Centering prayer-Nancy
- 8:30 Processing the evening-team
- 8:50 Announcements

Readings-

[Contemplative Practices Part 2](#)

[Boundaries & Counseling in SD](#)

[Ethics and Spiritual Directors International](#)

[Intake and Initial Interview](#)

[Kline: Widening the lens](#)

[Lommasson: Looking at dual,multiple relationships](#)

[Speiden: The intake interview](#)

[Manns: SDI and freedom](#)

[Ethical Guidelines for Spiritual Directors](#)

[Hart: Counseling and spiritual direction – what is the difference](#)

November 9-Contemplative Practices Part 2:

- 6:00 Opening prayer
- 6:10 Contemplating the distant neighbor, media, contemplation, suffering-Lisa & Courtney
- 6:50 Real play on tonight's- Courtney, Partners
- 7:30 Break
- 7:45 Meditation on Suffering (Ignatius)-Lisa

- 7:55-8:20 Processing the evening. Interns bring a picture to contemplate and then work in a dyad to share what this picture makes them feel. We will do this twice.
- 8:20 Announcements
- 8:30 Ellen Graham-chair yoga, body centering

Readings-

[Fowler: Gazing with God](#)

[Erlichman: SD and Tikkun Olam](#)

[Mukherjee: Sitting with Suffering](#)

[Newell: Looking Suffering Straight in the Face v2](#)

[NY Times- Silence](#)

November 16-Seasons of the Spirit:

- 6:00 Opening prayer
- 6:10 "Seasons of the Spirit"-Oscar
- 7:30 Break
- 7:45 Spiritual practice-Forest bathing-Lisa
- 8:10 Spiritual practice-Mandala-Lisa
- 8:45 Announcements

Readings-

[Longley: Patience, nurturing contemplative posture for SD](#)

[Scofield, Waiting on God](#)

[Brockmeyer: contemplation and spiritual direction](#)

November 30-Movement of the Spirit:

- 6:00 Opening prayer
- 6:10 Intimacy & Relationships-Nancy
- 6:40 Group SD-Content-Lisa
- 6:55 Group SD real play-Lisa & partners
- 7:30 Break
- 7:45 Writing the verbatim-Lisa
- 8:10 Questions, processing
- 8:20-Finding Directees-Lisa
- 8:30 Processing-Team/Group Life
- 8:45 Announcements

Readings-

December 7-What if? Part 1:

- 6:00 Opening prayer

- 6:10 Individual SV-Lisa
- 6:45 Real play on SV-Oscar & partners
- 7:15 Processing the 1st part of the evening-Lisa
- 7:35 Announcements
- 7:40 Break
- 7:50 Half of the class will present integration presentations

Readings-

[Palmer: Learning to live](#)

[Dougherty, A Form of Supervision for SD](#)

[Brockmeyer: Supervisee's guide to verbatims](#)

[Conroy: Assumptions and purposes of SV](#)

[Neafsey: Seeing beyond](#)

[Robinson: Why BioSpiritual Focusing?](#)

December 14- What if? Part 2:

- 6:00 Opening prayer
- 6:10 Content on Peer Group SV-Nancy
- 6:45 Real play on Peer Group SV-Nancy & Partners, then process
- 7:15 Break into Peer SV groups to plan for semester 2
- 7:40 Break
- 7:50 Half of the class will present integration presentations
- If time, we can celebrate the completion of Semester One!

Readings-

- No extra readings