



**Evangelical Lutheran  
Church in America**

God's work. Our hands.

North/West Lower Michigan Synod  
Center for Mission & Ministry  
801 S. Waverly Rd., Suite 201  
Lansing MI 48917

**Center for  
Mission & Ministry**  
*and*  
**Christ United Church**  
**1000 W. Webb Rd.**  
**Dewitt, Michigan**  
*present*

*Institute of  
Spiritual  
Formation*



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801 S. Waverly Rd., Suite 201  
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517-321-5066  
[www.mittensynod.org](http://www.mittensynod.org)

**North/West Lower Michigan Synod  
Center for Mission & Ministry**

*Institute of Spiritual*

*Formation* consists of ecumenical programs designed to immerse participants in year-long theological grounding and historical background for wholistic personal spiritual development and life in God. These programs offer participants "soul food" and contemplative practices for tending the inner life as they manage the external realities of life and ministry.

**Foundations of Christian  
Spirituality** (year-long program)

- Ten Saturdays, 9:30am-4:30pm (third Saturday of each month beginning October 2009 with the exception of April 24 and June 5)
- Lunch provided
- Tuition: \$350 (50% due in October and 50% due in February)

**2009**

October 17	Orientation Paschal Mystery
November 21	Biblical Spirituality Spiritual Journey
December 19	Mothers & Fathers of the Desert Augustine of Hippo

**2010**

January 16	Francis of Assisi Bonaventure
February 20	Bernard of Clarivaux John Tauler, OP
March 20	Teresa of Avila Ignatius of Loyola
April 24*	Martin Luther Dietrich Bonhoeffer
May 15	John Calvin John Wesley
June 5	Evelyn Underhill Thomas Merton

\*April 24, 2010 is open to anyone interested in just this one day; a donation of \$25 is requested.

# Program Contents

- A reflective study of the great spiritual teachers of the Christian tradition from early church to present day
- Each Saturday consists of two three-hour sessions with each session on a separate topic and lunch in-between
- Required teachings (short background and/or readings from the original writings of each spiritual teacher) and journal questions for each session
- Introduction to and invitation for the practice of contemplative prayer and spiritual discernment
- Suggestions for the writing and living of an individual Rule of Life
- Opportunities for formation of covenant groups for support and faith-sharing
- Optional participation in individual or group spiritual direction over the course of the program as a way of intentional commitment to growth in life in Christ
- Presentations and facilitation of the spiritual formation process offered by a variety of professional Christian ministers/educators

## Cost

To help cover a small stipend for presenters and to provide a light lunch at each session a tuition fee of \$350 is asked of each participant with half due at the first session (October 2009) and the balance in February 2009.

## Required Books

***The Inward Pilgrimage: An Introduction to Christian Spiritual Classics*** by Bernhard Christensen (Paperback—Jan 1996) Amazon.com: New \$14.99 or used from \$0.06

***The Tree of Life: Models of Christian Prayer*** by Rev. Steven Chase (Paperback—Nov 15, 2005) Amazon.com: New \$28.00 or used from \$3.66

***Companions of Christ: Ignation Spirituality for Everyday Living*** by Margaret Silf (Paperback—Jun 15, 2005) Amazon.com: New \$12.00, \$9.60 or used from \$3.99

***The Holy Longing: The Search for A Christian Spirituality*** by Ronald Rolheiser (Hardcover-Jul 20, 1999) Amazon.com: New \$15.61 or used from \$3.11

# Additional Programs

## Guiding Contemplative Groups: A Training Program

(begins Jan 2010)

A program for the formation of facilitators for spiritual direction groups, peer ministry groups and faith sharing groups. (You need not be a spiritual director to participate.) A nine-month program of one 2.5-hour session per month consisting of theory and practice. This program also includes a practicum—an opportunity to facilitate a group at a church—outside monthly program time and to present he experience in a confidential setting—a peer group—for prayer and ongoing discernment of the movement of the Holy Spirit in the facilitator as s/he learns the art of contemplative facilitation.

## Spiritual Direction Formation Program for Becoming a Spiritual Director

(begins August 2010)

A two-year practicum for those experiencing a call to this ministry. The Foundations of Christian Spirituality year-long program is highly recommended as a first step.

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and  
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Dewitt MI  
*Institute of Spiritual Formation*  
**Foundations of Christian Spirituality**  
(year-long program)

Name
Address
City/State/Zip
Telephone
Email
Special needs
Amount enclosed

**Mail completed form with payment to:**  
North/West Lower Michigan Synod  
Center for Mission & Ministry  
801 S. Waverly Rd., Suite 201  
Lansing MI 48917

For more information, contact Sr. Nancy Brousseau  
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