



Evangelical Lutheran  
Church in America

God's work. Our hands.

North/West Lower Michigan Synod

Center for Mission & Ministry

2900 North Waverly Rd

Lansing MI 48906

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

*Institute of Spiritual  
Formation*

*The Institute of Spiritual Formation*

consists of ecumenical programs, workshops & seminars designed to immerse participants in the deepening of the spiritual life, on-going formation & spiritual direction, skill-training for servant ministry, and the richness of ecumenical and interfaith connections.

**Foundations of Christian  
Spirituality - Year-long program**

- Ten Saturdays, 9:30am-4:30pm; one Saturday per month, September 2010 —June 2011 (lunch provided)
- Tuition: \$350 (50% due in October and 50% due in February) Three required books (can be purchased on Amazon.com at reduced cost) Required editions: *The Rule of Benedict*. Ed., Timothy Fry Liturgical Press, 1982- *The Cloud of Unknowing* Ed., William Johnston Image Books, 1973 - *The Holy Longing: The Search for a Christian Spirituality* by Ronald Rolheiser.
- 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 a separate topic
- Each session has required readings (short background and/or readings from the original writings of each spiritual teacher) and journal questions. Three books are required for the year.
- 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 are offered
- A silent directed retreat of 4, 6, or 8 days
- Presenters for sessions are local and regional professional Christian ministers and educators.

**Program Schedule**

**September 11, 2010**

The Christian Journey  
Biblical Spirituality

**October 2**

St. Anthony and Desert Spirituality  
Prayer and Spiritual Journey

**November 6**

St. Augustine of Hippo  
Rule of St. Benedict

**December 4**

St. Francis of Assisi & St. Clare  
St. Catherine of Siena

**January 8, 2011**

The Cloud of Unknowing  
St. Ignatius of Loyola

**February 12**

St. John of the Cross  
St. Teresa of Avila

**March 12**

John Calvin, John Wesley

**April 9**

Martin Luther, Dietrich Bonhoeffer

**May 7-contemporary insights:**

Rene Girard-Mimetic Desire  
Bowen/Friedman Axis

**June 4**

Evelyn Underhill, Thomas Merton

# Spiritual Direction Formation Program

Spiritual Direction Program and Practicum:  
Two-year Formation Program preparing Spiritual Directors

This intensive two-year pastoral ministry program engages participants in the practice of spiritual direction, individual direction mentoring by an experienced spiritual director, both outside of program time; peer group and the regular practice of contemplative prayer and discernment. Those preparing to become spiritual directors also participate in the writing of integrating papers, required books and articles, presentations/projects, personal reflection and spiritual friends conversations throughout the program. Modules over the two years are:

- 1) The Contemplative Nature of Spiritual Direction;
- 2) Christian Discernment in the Contemplative Tradition and
- 3) Adult Development & Spiritual Direction. The formation and education process of spiritual directors is approached from within the classical and contemporary contemplative tradition rooted in a theology of the Holy Spirit.

Sessions are once a month at Christ United Church in DeWitt, MI –September-May, Thursday evening 6:30-9:30pm and Friday 8:30am-4:30pm. Lodging can be arranged at St. Francis Retreat Center or Sleep Inn, DeWitt at participant’s expense.

Dates for year one -2010-2011:  
9/23-24, 10/28-29, 11/18-19, 12/16-17, 1/13-14, 2/24-25, 3/17-18, 4/14-15, 5/12-13

## Requirements:

- Rooted in a faith tradition
- Willingness to reflect on personal experience and participate in practicum by finding directees
- M. Div., MA or equivalent in Theology, Spirituality, lay/pastoral ministry, or Psychology
- Experience of Spiritual direction at least 6 months prior to program
- Annual silent, directed retreat of 4,6 or 8 days
- Recommended by others for the ministry of spiritual direction
- Already sought out by others for this ministry or referred by others
- Application/Interview process by staff

## Program Facilitators

**Nancy Brousseau, OP**  
Center for Mission & Ministry Facilitator  
**Joseph Byrd**  
Director of Celebration Ministries  
Zion Lutheran Church, Holland MI

**Cost:** We are able to offer this at half the cost of other programs in Michigan: \$825 per year payable quarterly to the North/West Lower Michigan Synod. In addition, participants pay \$360 for the individual mentoring scheduled outside regular program time. This is paid directly to the Mentor at each individual session (9 per year). Cost of books, overnight accommodations are participant’s expense.

# Facilitating Contemplative Groups

(begins January 2011 -Thursdays, 2-5pm - Dates - TBD)

A program for the formation of facilitators for spiritual direction groups, peer ministry groups and faith sharing groups. A 6-month program of seven 3-hour session consisting of theory and practice offered between January and June, 2011. This program also includes a practicum—an opportunity to facilitate a group at a church—outside monthly program time and to present the 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. The model offered can be adapted to any variety of groups and settings. A theology of the Holy Spirit is central to the process as is contemplative listening. There are required readings, consisting of articles and two-books, as well as two written reflection papers. Participants are invited into the regular practice of contemplative prayer and discernment as integral to the process facilitation and transformation in Christ. You may wish to come as a team of two or more from the same Church. **Cost:** \$135 for teams of two or more; \$95 individual

*Institute of Spiritual Formation*  
Foundations of Christian Spirituality

## Registration

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  
2900 North Waverly Rd  
Lansing MI 48906  
(please print *Foundations* on memo line of check)

*For more information, or application form for Spiritual Direction Program contact Sr. Nancy Brousseau, OP  
Email: nancybrousseau@mittensynod.org  
Voice: 517-321-5066*