

Sept. 30–Oct. 1, 2008	Spiritual Spaciousness Amidst Community
<i>Opening Retreat</i>	Tuesday, 10:00am – Wednesday, 3:00pm
<i>Prayer Exercise</i>	Centering Prayer
<i>Themes</i>	Retreat, Spiritual Spaciousness, A Hearing Heart (<i>Shema</i>)
November 5, 2008	Opening to Spiritual Direction: Spiritual Direction & Discernment
<i>Prayer Exercises</i>	“Examen of Consciousness”; Praying with Scripture I (Benedictine <i>lectio</i> method)
<i>Themes</i>	Opening to an Understanding of Spiritual Direction The Art of Attention Discernment and the Disciplines that Assist Us Real-play: A lived experience of one-on-one spiritual direction
December 3, 2008	Opening to Spiritual Direction: The Many Faces of Direction
<i>Prayer Exercises</i>	Prayer of the Heart (the Jesus Prayer); Praying with Scripture II (Ignatian <i>lectio</i> method)
<i>Themes</i>	The Many Faces of Direction; Ignatian Spirituality The Economy of God & Kenosis: (Philippians 2:1-11) Real-Play—observing a peer group process (See “Peer Group Guidelines”)
January 7, 2009	Opening to Spiritual Direction: Attending to the Other
<i>Prayer Exercises</i>	Chant as Spiritual Practice
<i>Themes</i>	Authentic Spiritual Experience; Nature of Peer Process
February 4, 2009	Opening to Spiritual Direction: Coming to Words
<i>Prayer Exercises</i>	Journaling & Intercessory Prayer
<i>Themes</i>	Journaling; Context & Direction Contemplative Direction: Real-Play w/ participant
March 4, 2009	Opening to Spiritual Direction: Beyond Words
<i>Prayer Exercises</i>	Interior Noticing; Centering Prayer II; Praying by Hand (using beads in prayer)
<i>Themes</i>	Praying Beyond Words, Asceticism & Relinquishment
April 1, 2009	Opening to Spiritual Direction: Contemplative Direction & Counseling
<i>Prayer Exercises</i>	Praying with Julian of Norwich
<i>Themes</i>	Spiritual Direction & Psychotherapy
May 5-6, 2009	Circles of Retreat in Community & Nature
<i>Closing Retreat</i>	Tuesday, 10:00am – Wednesday, 3:00pm
<i>Themes</i>	Confession and Healing; Spiritual Friendship; Nature as Icon