

THE GOAL

This Residential Course in Spiritual Direction is for those who sense that God is calling them to the work of spiritual direction, and are looking for a community where this vocation can be explored and nurtured. This training program is designed to assist both lay and ordained people in their spiritual lives and to train them in the important work of being soul-friends to others in their journey into the mystery and the justice of God.

REQUIREMENTS

- Between weekends students must complete the required course work.
- Each participant is required to be in spiritual direction during the period of training and, where possible, directing others.
- Students who are directing others are expected to be in regular supervision.
- Every student is encouraged to make a retreat each year.



LOCATION

The lecture room, direction rooms, chapel, book stall and accommodation (single rooms with en suite) are all located on a single site at:

St Joseph's Spirituality and Education
Centre
8 Humphreys Road
Kincumber South NSW 2251

Please note that students applying for the Program must be able to attend all the designated weekends.

PROGRAM DIRECTOR

Suzanne Dunbar BSc, DipEd, MA Spirituality
Director, Barnabas Ministries
PO Box 3177 Manuka ACT 2603
suedunbar53@yahoo.com

PROGRAM TEAM

The director is assisted by a program team, who have completed Spiritual Direction training and are actively involved as Spiritual Directors.

WEBSITE

For further information about the program including dates, cost and application form, please go to our website: www.barnabasministries.org.au

"Listen into Life"

Residential Program in Spiritual Direction



An ecumenical offering seeking to stimulate the ministry of Spiritual Direction in the Australian Church.

Barnabas Ministries Inc

THE COURSE

The program consists of four residential weekends a year for four years—February, May, August and November. Each weekend offers lectures, workshops, quadrads, peer group and seminars on Christian spirituality plus regular worship drawing from various Christian traditions.

CORE UNIT:

This unit provides the main input each weekend and aims to provide specific knowledge and skills and the deepening of the participants' own spiritual journey.

PEER GROUP:

In years 1 & 2, this unit integrates practical skills with insights from the tradition and ministry of spiritual direction

In years 3 & 4 there are two strands available.

Strand 1: Those who have discerned that they are being called to the ministry of spiritual direction are required to have an outside directee and to prepare verbatim of the sessions with their directee to be used for individual and peer group supervision.

Participants will also be introduced to and practice different peer group supervision models.

Strand 2: For those who discern that they are not called to this ministry there is a Personal Transformation strand which explores and encourages the principles and practice of contemplation in our lives.

This program will draw on the contemplative elements of various practices including Christian Meditation, Centring Prayer, Visual Journaling, Eco Spirituality, Body Prayer and Discernment.



HISTORY: The History of Christian Spirituality unit examines traditions of spirituality and spiritual direction within Christianity over the centuries.

WORSHIP/LITURGY: Each weekend participants are involved in morning and evening prayer and the Eucharist. Participants are invited to prepare worship reflecting their particular tradition.

PRACTICUM: The practical experience of direction is done through Quadrads with students functioning as Director, Directee and Observer plus a member of the program team acting as Supervisor.

COURSE WORK

In order to satisfactorily complete the program, it is required that students submit a response paper after each Residential, two book reviews per year, a short reflection on a specified text for each History Unit and a final paper in their fourth year.

APPLICATION FOR PROGRAM

The application procedure requires:

- A statement of your spiritual journey so far
- A brief statement outlining the reasons why you wish to do this course
- A letter of recommendation from your Spiritual Director and/or Minister/Pastor/Priest
- A registration fee of \$50

Specific details of the application procedure are available on our website:

www.barnabasministries.org.au