

Art & Practice of Spiritual Direction

Session 2: Human Experience / Religious Experience

April 10, 2021

All times are listed in Pacific Time

As with all retreats, times are flexible and may be adjusted along the way.

- 8:50** Zoom opens
- 9:00** Opening Ritual
- 9:05** *Identifying Experience of God: Recap and Mentor Group discussion* (25 min.)
- 9:30** *Circle of Life* Large group discussion (35 min.)
- 10:05** *Stretch Break* (2 min.)
- 10:10** Mary Oliver poem and *Circle of Life* in Large Group (10 min.)
- 10:20** *Theology Presuppositions: Recap and Mentor Group discussion* (15 min.)
- 10:35** Mentor Group discussion: Our own theological presuppositions (20 min.)
- 10:55** *Break* (20 min.)
- 11:15** *Who is a Spiritual Director? Review and journal* (5 min.)
- 11:20** *What have you experienced with your spiritual director? Discussion* (25 min.)
- 11:45** *Obstacles to Listening Role Play and discussion* (30 min.)
- 12:15** *Lunch!* (75 min.)
- 1:30** *Contemplative Listening Skills: Real Play of spiritual direction session* (25 min.)
- 1:53** *Debrief in two groups* (20 min.)
- 2:15** *Spiritual Direction Initial Conversation: Large group* (30 min.)
- 2:45** *Journal the day* (5 min.)
- 2:50** *Reminders and Closing Ritual* (10 min.)

What's Next?

Mentors will be checking in with you to set up your mid-month meeting.

Assignments will be added to the course website.

Next session: May 8

Course Website:

The Learning Platform access: <https://mercyis.org/art-and-practice-online-course/>

Password: **APListen2021**

(This password is case sensitive so please enter it exactly as shown.)

