

"Spiritual directors are called and gifted by the Spirit to walk alongside others in their intention to hear and follow God."

Holy Invitations, Jeannette Bakke



Spiritual Direction Certificate of Completion requirements:

- ◇ Required readings
- ◇ Monthly reflection reports
- ◇ A thought paper on each unit
- ◇ A practicum of both receiving and giving spiritual direction
- ◇ Weekend retreats
- ◇ Peer supervision

Christos Chicago-Area Program

Tuition: \$2,340 per year payable in monthly installments. Additional costs include \$100 registration fee, books, and two weekend retreats.

It is highly recommended that participants be meeting regularly with a spiritual director prior to entering the program.

For more information or an application, call or e-mail our local coordinator:

**Jessie Vicha
(630) 469-6837**

jvicha@wowway.com

Christos Center for Spiritual Formation is an interdenominational Christian ministry.

The **Tending the Holy** program is only one of the ministries of Christos.

In addition, Christos offers:

- ◆ Trained Speakers and Group Facilitators
- ◆ Teaching on Prayer, Meditation, and Christian Spirituality
- ◆ Individual & Group Spiritual Direction
- ◆ Continuing Education for Graduates of our programs.

...and specific to the Minneapolis center:

- ◆ Personal Spiritual Deepening through *The Ignatian Exercises*
- ◆ Christos Formation Network: Helping Churches with Spiritual Formation
- ◆ Prayer and Retreat Days/Workshops

Tending the Holy Chicago-area

Preparation for the Ministry of Spiritual Direction

A Two-Year Certificate Program

Christos Chicago-area

is an extension of the program at Christos Center for Spiritual Formation based in St. Paul, Minnesota. Chicago-area participants receive course presentations via the Internet and meet locally for prayer experiences and small groups twice a month at Mayslake Ministries in Lombard, Illinois. There also are two weekend retreats during the two-year period.

Fall 2009 – Next start date for Chicago-area *Tending the Holy* program

January–May 2009 – Applications accepted

www.christoscenter.org

Tending the Holy

Many are searching for meaning and purpose in life in the midst of our rapid-paced society.

*Where do we go from here?
How do we find spiritual meaning and peace?
How can I live a God-centered life when everything around seems contrary to that life?
How can I deepen my prayer when I am so busy?*

These are questions that launch, or re-launch, a spiritual journey.

There is a need for people with spiritual maturity and experience to guide others on this search. *Have people sought you out for guidance on their journey? Do people seem naturally drawn to you with their spiritual questions?* You may be called by God to offer this gift more formally.

Christos Center has been preparing people for the ministry of spiritual direction since 1990. Many graduates now offer spiritual direction, lead retreats, facilitate formation and prayer groups, and teach spiritual formation. Others use the knowledge and experiences from this course to enhance their work in fields such as counseling, health care, pastoral work and business.

Sections of this program are made possible by the Trust for the Meditation Process, a charitable foundation supporting contemplative practice among Christians and encouraging dialogue among all contemplative traditions.

www.trustformeditation.org



Topics Covered

- ◇ **Historical Perspective on Spiritual Formation** – Desert Mothers/Fathers, Spanish Mystics, Effects of the Reformation, Modern Influences
- ◇ **Prayer: Growing in Intimacy with God** Stages of Prayer, Praying with Scripture, Meditation, Centering Prayer, Solitude and Silence, The Contemplative Life
- ◇ **The Spiritual Direction Relationship** Prayer and Spiritual Direction, Spiritual Direction and Other Ministries, Relationship Between Director and Directee, Ethics, Directing Retreats
- ◇ **Scripture and Theology** – Using Scripture in Spiritual Direction, Theological Assumptions
- ◇ **Discernment** – Styles of Discernment, Noticing Interior Movements, Helping Directees Grow in Discernment
- ◇ **Human and Spiritual Development** Midlife and Aging, Stages of Faith, Gender Differences, Faith Development and Personality, Generation, Family, Faith Background, Grief and Loss

“Presentations were made with the intensity of people obviously led by God, tempered with a lightness that I seldom see in other instructors when they care so deeply about their subject matter.”
Graduate, Tending the Holy Program

Faculty and Speakers

Patricia Hendricks, Christos executive director, heads up a dynamic group of teachers and presenters, many of whom are graduates of the Christos Tending the Holy program.

Regular guest speakers include authors:

- ◇ Jeannette Bakke, Ph.D, *Holy Invitations*
- ◇ Janet Hagberg, M.A., *The Critical Journey*
- ◇ Brad Holt, Ph.D., *Thirsty for God*
- ◇ Joann Nesser, D.Min. and Christos Founder, *Journey into Reality, Contemplative Prayer: Praying When the Well Runs Dry, Journey from Self to God*

The Chicago-area Coordinators are:

- ◇ Jessie Vicha, graduate, Christos Spiritual Direction Program; certified in Enneagram and Myers Briggs
- ◇ Wai-Chin Matsuoka, graduate, Christos Spiritual Direction Program; certified in Formational Prayer Ministry