# Home-Based Practicum and Self-Care

## Training Retreat III - Table of Contents

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Home-Based Practicum Assignments - C

(For Completion Between Training Retreats III and IV)
Between this third and fourth instructional gathering for training in spiritual direction, please attend to the following:

- Attend to your own rhythm and rule of life and prayer (practice of spiritual disciplines).
- Meet with your spiritual director.
- Notice how you are listening:
  - Within informal conversations
  - Within more formal conversations
- Review notes and readings on listening as a spiritual director:
  - See TR I Session 1, pp. 3-4, TR I Session 3, pp. 3-7, and HBP-11 “Background Questions for Discernment: What to Listen for in the Person's Story”
- Choose two conversations (formal or informal) on which to write two verbatim. Guidance for writing a verbatim is provided on page HBP-15. See page HPB-19 for blank copies of the verbatim form, or look on the program website for a template. Send to your small group supervisor before the next instructional gathering.
- Complete the Personal Progress Report C, and send to your small group supervisor before the next instructional gathering. See C-9 for blank copy of Personal Progress Report C, or look on the program website for a template.
- Your small group leader will advise you of the date to send in your Personal Progress Report and the two verbatim.
- Make enough copies of one verbatim to share with your small group members at the second training retreat.
Home-Based Practicum and Self-Care C
(Copy 1)

Name: ________________________ Small Group Sup. ________________________

(check each of the sections, 1 - 4, as you complete them)

<table>
<thead>
<tr>
<th>Check when completed</th>
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<tbody>
<tr>
<td>1. Engagement in home-based ministry: (give a brief, one or two sentence description)</td>
</tr>
<tr>
<td>1. ________</td>
</tr>
</tbody>
</table>

2. Self-care
   a. Tend to my own rhythm and rule of life and prayer
      2a. ________
   b. Meet with a spiritual director:
      2b. ________
         ___ I already meet with a spiritual director regularly
         ___ I am looking for a spiritual director
         ___ I need help finding a spiritual director

3. Tending the ministry of soul-care
   a-1. Complete two verbatim
      3a-1. ________
         See Home Based Practicum and Personal Portfolio binder, HPB-19 or look on the program website for template.
   a-2. Send one verbatim to your small group leader by ________,
      3a-2. ________
         and one verbatim by ____________.
Make enough copies of one of your verbatim for sharing and reflection in your small group during Training Retreat IV.

b. Complete the “Personal Progress Report C”. See C-9

Send in to your small group leader by ___________.

4. Reading in preparation for Training Retreat IV.

Read the assigned chapters in the books listed on the reading lists for Retreat IV. See C-13.

And (as you choose) other recommended books and resources. See C-13 and 14.
# Home-Based Practicum and Self-Care C (Copy 2)

**Name:** ____________________________ **Small Group Sup.** ____________________________

*(check each of the sections, 1 - 4, as you complete them)*

<table>
<thead>
<tr>
<th>Section</th>
<th>Description</th>
<th>Completed</th>
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</thead>
<tbody>
<tr>
<td>1. <strong>Engagement in home-based ministry:</strong> <em>(give a brief, one or two sentence description)</em></td>
<td></td>
<td>1. ______</td>
</tr>
<tr>
<td>2. <strong>Self-care</strong></td>
<td></td>
<td>2a. ______</td>
</tr>
<tr>
<td>a. Tend to my own rhythm and rule of life and prayer</td>
<td></td>
<td>2b. ______</td>
</tr>
<tr>
<td>b. Meet with a spiritual director:</td>
<td></td>
<td></td>
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<tr>
<td>____ I already meet with a spiritual director regularly</td>
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<td></td>
</tr>
<tr>
<td>____ I am looking for a spiritual director</td>
<td></td>
<td></td>
</tr>
<tr>
<td>____ I need help finding a spiritual director</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. <strong>Tending the ministry of soul-care</strong></td>
<td></td>
<td>3a-1. ______</td>
</tr>
<tr>
<td>a-1. Complete <strong>two verbatim</strong></td>
<td></td>
<td>3a-2. ______</td>
</tr>
<tr>
<td>See Home Based Practicum and Personal Portfolio binder, HPB-19 or look on the program website for template.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>a-2. Send <strong>one verbatim</strong> to your small group leader by ________, and <strong>one verbatim</strong> by ____________</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Make enough copies of one of your verbatim for sharing and reflection in your small group during Training Retreat IV.

b. Complete the “Personal Progress Report C”. See C-9

Send in to your small group leader by ____________.

4. Reading in preparation for Training Retreat IV.

Read the assigned chapters in the books listed on the reading lists for Retreat IV. See C-13.

And (as you choose) other recommended books and resources. See C-13 and 14.
Training in Spiritual Direction  
Home Based Practicum C

Name __________________________ Supervisor ______________________ Date ______________________

Personal Progress Report C

As you respond to the guidance questions, you will be entering into the practice of spiritual discernment, the focus of the fourth training retreat.

Ask the Holy Spirit for help as you engage in this practice of discernment. Look back over your life and notice those times when you were aware of God’s presence and or guidance in your life. Choose one of those experiences to remember and to be with as you engage with the questions below.

1. Discerning God’s presence, guidance, and work in your life.

In what way do you discern that the presence, call, guidance, or voice . . .

a. . . . feels and/or sounds like God?

b. . . . is consistent with your experience (history) of God’s presence and work within you, in your life?

c. . . . is evoking a response/reaction in you?

<table>
<thead>
<tr>
<th>Movement</th>
<th>Countermovement</th>
</tr>
</thead>
<tbody>
<tr>
<td>willingness (receptive to God)</td>
<td>resistance</td>
</tr>
<tr>
<td>deepening trust (in God)</td>
<td>fear, anxiety</td>
</tr>
<tr>
<td>clarity</td>
<td>heaviness</td>
</tr>
</tbody>
</table>

C-9
Continuing prayerfully, reflect on your noticing and God’s guidance...

2. In what way does your own experience and discernment of God’s presence or call, assist your spiritual companionship of others:

   In your peer group
   In one-on-one conversations
   In other groups
   In the congregation
   In other settings (mission, school, family etc.).

   a. . . . . What helps you to be present and hospitable
to others?

to their life experience/narrative?

to God’s presence and work within their experience/life?

b. . . . . What do you sense blocks or hinders your hospitable, receptive presence for others?

for your awareness of God’s presence and work in their life?

c. . . . . What helps you to be receptive to God’s help and guidance as you listen and respond?

You are invited now to prayerfully reflect on...

3. change and growth

in your life

in your practice of tending the soul.

As you look back over your experience of this training in spiritual direction ...reflect on where you were as a “listener for God”

when you began

and on where you are now.
What gifts, graces, and strengths do you discern within yourself and your practice?

What areas for ongoing care and growth are you aware of?

4. Reflect on what sustains you . . .

. . . within?

. . . in your practice of holy listening?

wjm 2011
Other source: John Ackerman, Listening to God (Bethesda: The Alban Institute), 2001.
Required Readings for Training Retreat IV
and Helpful Bibliography

Spiritual Discernment and the Contemplative Retreat

In this fourth training retreat, we will be paying attention to spiritual discernment—within the life of the individual and the life of the congregation. We will also attend to the place of retreat in providing space for intentional reflection and discernment. Along with reflecting on the biblical background for time apart, we will also attend to the place of retreat within the Christian tradition. Included in our formational learning, we will be spending time in contemplative retreat.

Required Readings:


(See reading guide for selected readings from Bakke and Miller)

Other Helpful Bibliography (not required, but for your interest):


Guide Sheet for Reading and Reflection

Training Retreat IV


<table>
<thead>
<tr>
<th>Training Retreat</th>
<th>Text</th>
<th>Chapter(s) to read</th>
<th>Reflection Questions with which to engage</th>
</tr>
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<tr>
<td>IV. Discernment</td>
<td>B</td>
<td>12</td>
<td>Respond to two questions. p. 210-11</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Respond to questions 2, 3, 4, 10.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>13</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>14</td>
<td></td>
</tr>
<tr>
<td></td>
<td>M</td>
<td>9</td>
<td>Out of the 3 reflection sections, choose 3 to respond to.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>p.132, 135, 136-7</td>
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