

Home-Based Practicum and Self-Care

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Home-Based Practicum Assignments - C

(For Completion Between Training Retreats III and IV)



Training in Spiritual Direction and Congregational Formation

Home-Based Practicum Guide - C

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)

**Check when
completed)**

1. **Engagement in home-based ministry:** (give a brief, one or two sentence description)

1. _____

2. Self-care

2a. _____

a. Tend to my own rhythm and rule of life and prayer

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.

3b. _____

4. _____

Home-Based Practicum and Self-Care C
(Copy 2)

Name: _____ **Small Group Sup.** _____

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

**Check when
completed)**

1. **Engagement in home-based ministry:** (give a brief, one or two sentence description)

1. _____

2. Self-care

2a. _____

a. Tend to my own rhythm and rule of life and prayer

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.

3b. _____

4. _____

**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?

Movement

willingness (receptive to God)

deepening trust (in God)

clarity

Countermovement

resistance

fear, anxiety

heaviness

a sense of things coming together	willfulness
a deep sense of grace, gratitude	getting compulsively busy
questions (brought into prayer)	emotional separation from God
open listening	anger, cynicism

d. . . . invites you into deeper love

for God

for yourself

for others (within and/or beyond community of faith)

e. . . . is moving you to check out what you are hearing/experiencing with another (spiritual director, a mature Christian, covenant group, etc.) and to listen to their response?

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 companioning 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:

Barry, William, and William Connolly. *The Practice of Spiritual Direction*. Chs. 5-7.

Farrington, Debra K. *Hearing with the Heart: A Gentle Guide to Discerning God's Will for your life*. Jossey-Bass, 2003. Browse contents.

Nouwen, Henri. *The Way of the Heart*. Harper Collins. 1991.

Silf, Margaret. *Inner Compass: An Invitation to Ignatian Spirituality*. Loyola Press, 1999. Chs. 4-7, 9-11.

Vennard, Jane. *Be Still: Designing and Leading Contemplative Retreats*. Alban Institute, 2000.

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

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

Ackerman, John. *Listening to God: Spiritual Formation in Congregations*. Alban Inst. 2001. See Ch. 5 "Discernment."

Dougherty, Rose Mary. "Discernment in Prayer." *Shalem News*, Vol. XIV, No.2.

Farnham, S.G., Gill, J. R., Mclean, T., and Ward, S.M. *Listening Hearts Discerning Call in Community*. (rev. ed.) Morehouse Publishing, 1991.

- Friend, Howard E., Jr. *Recovering the Sacred Center: Church Renewal from the Inside Out*. Judson Press, 1998.
- Glick, Sally Weaver. *In Tune with God: The Art of Congregational Discernment*. Faith and Life Resources, 2004.
- Groff, Kent Ira. *The Soul of Tomorrow's Church: Weaving Spiritual Practices in Ministry Together*. Upper Room Books, 2000.
- Hahn, Celia Allison. *Uncovering Your Church's Hidden Spirit*. The Alban Inst. 2001.
- Reuben Job. *A Guide to Retreat for all God's Servants*. Abingdon Press, 1994.
- Johnson, Susanne. *Christian Spiritual Formation in the Church and Classroom*. Abingdon Press, 1989. Gives good basis for spiritual formation, a necessary part of spiritual discernment.
- Lonsdale, David, S.J. *Listening to the Music of the Spirit: The Art of Discernment*. Ave Maria Press, 1992. (chs. 3, 8)
- Neufeld, John. *Finding Leaders for Tomorrow's Churches: Discernment resources for churches*. The Canadian Conference of Mennonite Brethren Churches, 2005.
- Olsen, Charles M. & Ellen Morseth. *Selecting Church Leaders: A Practice in Spiritual Discernment*. The Alban Inst., 2002.
- Smith, Carol Ann, S.H.CJ, and Eugene F. Merz, S.J. *Moment by Moment: A Retreat in Everyday Life*. Ave Maria Press, 2000.
- Stutzman, Rose Mary, Ed. *Soul Care: How to Plan and Guide Inspirational Retreats*. Herald Press, 2003.
- Ulanov, Ann Belford. "The Devil's Trick." Ch.2 in *The Wisdom of the Psyche*. Cowley Publications, 1988.

Guide Sheet for Reading and Reflection

Training Retreat IV

Jeannette Bakke's book, *Holy Invitations: Exploring Spiritual Direction*. Baker Books. 2008. Fifth printing 2008. (Indicated below by 'B')

Wendy Miller's book, *Jesus our Spiritual Director: A Pilgrimage Through the Gospels*. Upper Room Books, 2006. (Indicated below by 'M')

Training Retreat	Text	Chapter(s) to read	Reflection Questions with which to engage
IV. Discernment	B	12	Respond to two questions. p. 210-11
		13	Respond to questions 2, 3, 4, 10.
		14	

	M	9 p.132, 135, 136-7	Out of the 3 reflection sections, choose 3 to respond to.

