STP 575 (Graduate) & MPS 275 (Undergraduate)
SPRITUAL DIRECTION
Fall Semester 2016

Course Outline

September 9, 2016 – December 16, 2016
Thursdays from 8:30 a.m. to 11:20 a.m.
St Marguerite Bourgeois Room

(Rev. Fr.) Sylvain J.Y. Casavant, p.s.s.
My office is found at St. Joseph Seminary. I am more than pleased to see students outside of lecture time but please contact me first by phone, e-mail or after class to set up an appointment.
Phone #: 780-392-2445 (ext. 6228)
Email address: Sylvain.Casavant@stjoseph-seminary.com

Course Description
The meaning, foundations and principles of spiritual direction in the Church’s tradition. Examination of the Biblical foundations, and the historical development. Spiritual direction as related to growth in faith, prayer and Christian life. We will explore the relationships between director, God and directee as well as the qualities of a spiritual director. The course will also look at practical aspects of the ministry of spiritual direction.

Course Objectives
a) To provide a basic knowledge of the theological foundations of the ministry of Spiritual Direction.
b) To inform about and to practically introduce the processes and criteria for leading persons in prayer, discernment and decision-making.
c) To illustrate the charism, qualities and skills of a spiritual director in the light of the Christian tradition and in the context of contemporary needs and resources.
d) To develop some skills associated with spiritual direction as well as exploring the dynamics involved.
e) To show that the Christian journey is never an individual action but rather a communal event, an ecclesial event.

Course Assignments and Evaluation
a) A class presentation – This class presentation requires a 4-5 page summary of preassigned readings, a 20 to 30 minute presentation to the class and a 15 to 25 minute discussion (45 minute dedicated time). All students are asked to read the assigned readings in advance of the presentation. (30% - STP 575; 35% - MPS 275)
b) Review of the book: Weeds Among the Wheat by Thomas Green. (4-5 pp); Date due September 30, 2016 (20% - STP 575; 25% - MPS 275)
c) Midterm Written Exam; October 28, 2016 (15% - STP 575; 20% - MPS 275)
d) (Graduate Students Only) A summary of an inspirational talk to a group of your choice (e.g. youth, parents, priests, parish, elderly, etc.) inviting them to begin spiritual direction (4-5 pp); date due November 4, 2016 (20% - STP 575)
e) Final Oral Exam; December 16, 2016 (15% - STP 575; 20% - MPS 275)
Textbooks

Course Requirements
The course will integrate lectures and seminar format meaning a portion of the class time will be lecture style and another class discussion. Impute of information will be given through the lectures and through assigned readings. It is expected that the readings assigned will be read so that discussion may take place. Readings will be assigned from the textbooks and may include other readings assigned by the instructor.

General Academic Information
The policies that are found in the Student Handbook of Newman Theological College are to be followed regarding academic papers.

Course Schedule

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<tr>
<th>Date</th>
<th>Topic</th>
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<tr>
<td>September 9, 2016</td>
<td><em>Introduction: What is Spiritual Direction?</em></td>
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<td>September 16, 2016</td>
<td><em>Theology of Prayer &amp; Theological Principles of Spiritual Direction</em></td>
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<td>September 23, 2016</td>
<td><em>History of Spiritual Direction</em></td>
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<td>September 30, 2016</td>
<td><em>Difference between Spiritual Direction, Christian &amp; Secular Counselling</em></td>
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<td>October 7, 2016</td>
<td><em>Midterm Exam - Written</em></td>
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<td>October 14, 2016</td>
<td><em>Director/Directee Relationship</em></td>
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<td>October 21, 2016</td>
<td><em>Fall Break (November 7-11, 2016)</em></td>
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<td>October 28, 2016</td>
<td><em>Practical Elements of Spiritual Direction</em></td>
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<td>November 4, 2016</td>
<td><em>The Three Ways of the Spiritual Life</em></td>
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<td>November 18, 2016</td>
<td><em>Discernment</em></td>
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<td>November 25, 2016</td>
<td><em>December 16, 2016 Final Exam - Oral</em></td>
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<td>December 2, 2016</td>
<td><em>Final Exam - Oral</em></td>
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** Note: The outline of the course is tentative and may be embellished or headings moved around according to the flow of the material and the understanding of the students. **
Bibliography


