INTRODUCTION TO SPIRITUAL FORMATION
SF001F16 (Fall 2016)

Class Schedule: 9am-12pm, Sept. 17, Oct. 1, 15, 29, Nov. 12, 26 (Saturdays)
Location: The Meeting House, 2700 Bristol Circle, Oakville ON L6H 6E1
Coordinator: Sandra Broadus: sandy@emmausformation.ca (905) 334-7263 (cell)
Instructor: Paul Bramer: pbramer@gmail.com (647) 406-7929 (cell)

PROGRAM DESCRIPTION
The Emmaus Formation Centre’s Spiritual Direction Certificate Program includes 9 courses. It normally starts with Introduction to Spiritual Formation, includes courses on Scripture and Spiritual Formation, Spiritual Formation Traditions, Discernment, Spiritual Disciplines, Spiritual Direction Methodologies, Spiritual Direction Contexts, Introduction to Spiritual Direction, and the Spiritual Direction Praxis. See https://emmausformation.ca/certificate-program/ and https://emmausformation.ca/course-schedule/.

COURSE DESCRIPTION
This course introduces foundational definitions, motifs, frameworks, means, and issues of Christian spiritual formation and an introduction to spiritual direction. The topic and format creates opportunities for deepening and expanding your understanding and experience through selected readings, lectures, class discussions, guided experiences, sharing, prayer, and spiritual direction. For the program curriculum see: https://www.emmausformation.ca/certificate-program/.

OBJECTIVES
When the course is completed you should have

• Become familiar with foundational concepts in spiritual formation, including the dynamics and stages of spiritual growth.
• Discerned one version of your own spirituality style.
• Experienced a variety of communal spiritual practices
• Related the ideas and practices to personal, communal, and theological issues through listening, self-disclosing, reflecting, discernment, and prayer in the class.
• Been introduced to spiritual direction through teaching and experience.
ABOUT THE INSTRUCTORS

**Paul Bramer** graduated from Shalem Institute’s spiritual direction program, earned a PhD from Trinity Evangelical Divinity School in Christian education and spiritual formation, and is ordained in the Evangelical Covenant Church. He was a primary developer of the Spiritual Direction Certificate Program at North Park Theological Seminary, Chicago, IL and the Doctor of Ministry program with its Ministry Leadership, Spiritual Formation, and Preaching tracks at Tyndale Seminary, Toronto, ON. He has taught at all levels of education and is now professor of Christian Formation and Leadership and Director of the Doctor of Ministry program at Tyndale Seminary. He interests include depth psychology, spiritual autobiography, Celtic Christianity, and leadership development.

**Sandra Broadus** is a graduate of the University of Toronto, Tyndale Seminary (MDiv), and George Fox Seminary (DMin, Leadership and Spiritual Formation). Sandra is a Certified Spiritual Director and Supervisor, church retreat leader and speaker. Her desire is to companion others as they discern God’s presence and activity in their lives, whether it be in her spiritual direction and supervision practice, her teaching and speaking, or in church retreat leading. She is a member of several professional spiritual direction associations. Sandra is the founder and director of Emmaus Formation Centre.

CLASS SCHEDULE

<table>
<thead>
<tr>
<th>WEEK</th>
<th>DATE</th>
<th>TOPIC</th>
<th>READINGS*</th>
<th>INSTRUCTOR</th>
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<tbody>
<tr>
<td>1</td>
<td>Sept. 17</td>
<td>Spirituality</td>
<td>Tang Averbeck Reid</td>
<td>P. Bramer</td>
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<td>Spiritual Formation</td>
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<td>2</td>
<td>Oct. 1</td>
<td>Spiritual Growth</td>
<td>Howard Bramer Lectio Divina</td>
<td>P. Bramer</td>
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<td>Spiritual Practices</td>
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<td>3</td>
<td>Oct. 15</td>
<td>Spirituality Types</td>
<td>Houston Rohr Falling Upward Vincent</td>
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<td>Spiritual Development</td>
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<td>4</td>
<td>Oct. 29</td>
<td>Spiritual Experiences</td>
<td>Bramer Mysticism; Spiritual; Wesleyan; Rohr Trust</td>
<td>P. Bramer</td>
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<td>5</td>
<td>Nov. 12</td>
<td>Spiritual Direction</td>
<td>Huggett Spiritual Direction International (3 Videos)</td>
<td>S. Broadus</td>
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<td>6</td>
<td>Nov. 26</td>
<td>Spiritual Formation with Others Group Spiritual Direction</td>
<td>TBA</td>
<td>P. Bramer</td>
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* Readings and videos are listed below by author/creator. Readings are available through link: https://www.dropbox.com/sh/jyse68fx5s59lko/AADa5zrLZIIok_hLUL6x3Lsia?dl=0

ASSIGNMENTS

1. Participate constructively in classes and group spiritual direction.
2. Readings: Read the bi-weekly articles or excerpts before class according to the schedule. Participants should come to class with a couple of questions, comments, or issues to discuss. (See “Readings” below.)
3. Write 1-1.5 page (250-400 words) responses to the ideas and experiences after four of the six classes OR write one 6-page (1500 words) response to the course, including your readings and classes. Due one week following class or course.
4. Engage in monthly spiritual direction for duration of the course.

Recommended:

5. Read beyond the required readings.
6. Discuss with someone what you are learning.

TEACHER’S SLIDES AND OTHER RESOURCES CAN BE FOUND IN

https://www.dropbox.com/sh/hv86524m41r4n7z/AACNrazcfwhoP9UyKEX9na5aa?dl=0

They will be posted a few days before the class.

READINGS

On-line articles and chapters can be found in

https://www.dropbox.com/sh/jyse68fx5s59lko/AADa5zrLZIIok_hLUL6x3Lsia?dl=0

See class schedule for reading by class session.


_______. 2015. “Lectio Divina & Gospel Contemplation”

_______. 2015. “Spiritual Experiences Anecdotes”

_______. 2015. “Comments on Wesleyan Quadrilateral”

Huggett, Joyce. “Why Ignatian Spirituality Hooks Protestants”


Rohr, Richard, 2014, “Trust Your Own Experience,” Adapted from Great Themes of Paul: Life as Participation (CD).

Spiritual Direction International, “SDI Learns from …” [3 Videos]
SELECT BIBLIOGRAPHY

(Especially recommended: Barton, Benner, Boa, Demerest, Foster, Willard.)


