



Being Present



SPIRITUAL DIRECTORS INTERNATIONAL

Leadership Institute and Conference

Washington, DC, Metropolitan Area, USA | **MARCH 26 - 31, 2008**

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SPIRITUAL DIRECTORS INTERNATIONAL

2008 Events Schedule

Dear friends and colleagues, YOU ARE INVITED TO A CONFERENCE FOR CONTEMPLATIVES!

Imagine yourself surrounded by people who, like you, yearn to connect with others on a deep spiritual level. As you mingle, you learn they also are engaged in or intrigued by spiritual direction. Some are spiritual companions, chaplains, and hospice workers; others are campus or young adult ministers, faculty members, interns, and students. Whatever their role, they too are deeply concerned with the pastoral and spiritual care of others. Come join hundreds of people like yourself—from all faiths and all parts of the world—to explore how we can be more present to those we serve. **For simple, online registration, visit www.sdiworld.org.**

Liz Budd Ellmann
LIZ BUDD ELLMANN, MDIV
Executive Director
Spiritual Directors International
Bellevue, Washington, USA

Christine Head
CHRISTINE HEAD, RSCJ, MA
Chair of the Coordinating Council
Spiritual Directors International
London, England, UK

PRE-CONFERENCE EVENTS

Wednesday, March 26

- 8:30 A.M. Leadership Institute Check-In
- 9:00 A.M. **New!** Marketing for Enrichment, Formation, and Training Programs
- NOON Meal Break and Leadership Institute Check-In
- 2:00 P.M. Leadership Institute Opening Session
- 6:00 P.M. Meal Break
- 8:00 P.M. Social Networking

Thursday, March 27

- 9:00 A.M. Leadership Institute Session
- NOON Meal Break
- 2:00 P.M. Leadership Institute Session
- 5:30 P.M. Leadership Institute Adjourns
- 5:00 - 8:00 P.M. Conference Check-In
- 7:00 P.M. A Gathering of Wisdom: The Art and Practice of Presence (**Free!** Open to the public)
- 8:30 P.M. Celebration of Authors and Artists (snacks with no-host bar)

CONFERENCE

Friday, March 28

- 7:00 A.M. Morning Prayer (optional)
- 7:30 A.M. Conference Check-In
- 9:00 A.M. Opening and Ritual
- 10:00 A.M. Keynote and Process
- NOON Meal Provided: Networking
- 2:00 P.M. Workshop I (1.5 hours)
- 3:30 P.M. Break
- 4:00 P.M. Workshop II (1.5 hours)
- 5:30 P.M. Meal Break
- 7:30 P.M. Evening Opportunities

Saturday, March 29

- 7:00 A.M. Morning Prayer (optional)
- 9:00 A.M. Opening Ritual
- 9:30 A.M. Keynote and Process
- NOON Meal Provided: Networking
- 2:00 P.M. Workshop (3 hours)
- 5:00 P.M. Meal Break
- 7:30 P.M. Performance
For Tomorrow
(Ich Hoff' Auf Morgen):
Poetry, Music, and the Story
of Hilda Stern Cohen

Sunday, March 30

- 7:00 A.M. Morning Prayer (optional)
- 8:00 A.M. Brunch Provided: Networking
- 10:00 A.M. Plenary Session (Acknowledgements and Membership Moments)
- 10:30 A.M. Evaluation and Break
- 11:00 A.M. Keynote and Closing Ritual
- 1:00 P.M. Adjourn

POST-CONFERENCE EVENTS

Sunday - Monday, March 30 - 31

- 6:00 P.M. **New!** Men's Spiritual Journey

Monday, March 31

- 8:30 A.M. Pilgrimage Day in Washington, DC
- 9:00 A.M. **New!** Marketing for Spiritual Directors
- New!** Men's Spiritual Journey (continued)



Pre-Conference Events

MARKETING FOR PROGRAMS AND RETREAT CENTERS

WEDNESDAY, MARCH 26, 9:00 A.M. - NOON

How to Effectively Market Programs and Centers to the Next Generation

Learn how to make an impact without spending a bundle, and take home concrete ideas for creating a marketing plan! Explore low-cost, innovative ways you can expand the outreach of your enrichment, formation, and training programs or retreat center. To be effective, marketing requires knowledge, skill, solid information, and the ability to tell your program's story. Start your marketing plan by asking—and answering—questions like: Who is my market? Where are they? What program stories would attract people to spiritual director formation and discerning a call to ministry? Facilitated by Pegge Bernecker, Carol Fournier, and Ann Roberts Winsor, this workshop is for staff, faculty, and administrators of programs and retreat centers. ☺



Pegge Bernecker is a spiritual director, trainer of spiritual directors, former campus minister, author, and editor for Spiritual Directors International. She lives in Alaska, USA, and leads retreats throughout North America.

Carol A. Fournier, MS, NCC, is director and co-founder of the Silver Dove Institute, an international trainer of spiritual directors, counselors, educators, and ministers, and is an assistance professor at the University of Vermont, USA, where she guides new program development.



Ann Roberts Winsor, PhD, works in the Grants Program at Trinity Church Wall Street, New York, USA, where she is in charge of grants for projects in spiritual formation and development throughout the United States.



LEADERSHIP INSTITUTE

WEDNESDAY - THURSDAY, MARCH 26 - 27

Supervision: Challenges, Issues, and Wisdom Emerging from Enrichment, Formation, and Training Programs for Spiritual Directors and Supervisors

Curious about the challenges that confront enrichment, formation, and training programs and how to meet them? Plan now to join others to glean wisdom from peers and share what you've learned. Some questions we'll explore during our time together include: What forms of supervision do we offer spiritual director interns during their formation and training? What special challenges confront interfaith, multicultural spiritual direction? What unique challenges do internship programs with a focus on the marginalized pose? Who is offering internship programs in supervision? Where are they located? Does the spiritual direction community need additional opportunities to train and form supervisors? In an open atmosphere of dialogue and discernment, faculty, staff, and everyone involved in creating new programs will develop and refine a vision that addresses the emerging supervisory needs of the expanding multi-faith, global community. Through panels and small-group discussion, participants will share their experiences, wisdom, and challenges. Together we will explore creative ways to assist both new and established programs in meeting the supervision needs of future spiritual directors and guides. ☺

"I LEARNED MUCH IN THESE DAYS. I LEFT ENERGIZED RATHER THAN FRIED AND OVERWHELMED."

Al Reehl

A GATHERING OF WISDOM: THE ART AND PRACTICE OF PRESENCE

THURSDAY, MARCH 27, 7:00 P.M.

FREE! OPEN TO THE PUBLIC

Gain new insights into presence and its healing and prophetic potential. Wisdom leaders, the keepers of the spiritual direction tradition, will reflect on ways to cultivate and deepen the contemplative capacity in our spiritual practices, spiritual companionship relationships, and daily living. We will conclude in contemplation, reflecting on the wisdom shared and its application for sacred service. Dr. Vivian A. Feintech will facilitate this introduction to spiritual direction through presence. ☺



Conference Keynote Presenter

ROSE MARY DOUGHERTY, SSND, is the Shalem Institute's Senior Fellow for Spiritual Guidance, currently working as a volunteer at Joseph's House, a hospice for formerly homeless men who have AIDS. She also offers retreats and group spiritual direction for hospice caregivers. Rose Mary is the author of *Group Spiritual Direction* and the editor of *The Lived Experience of Group Spiritual Direction*. She is a *sensei* (teacher) in the lineage of the White Plum Sangha.



Conference Spiritual Director



JACOB STAUB is a Reconstructionist rabbi. He serves as professor of Jewish philosophy and spirituality at the Reconstructionist Rabbinical College in Wyncote, Pennsylvania, USA, where he was instrumental in establishing and now directing the Program in Jewish Spiritual Direction. He is the author of *The Creation of the World According to Gersonides* and *Exploring Judaism: A Reconstructionist Approach*.

Conference Workshops

Note: The percent (%) figures following workshop descriptions indicate the relative percentage of presentation, discussion, and experiential activity.

FRIDAY, MARCH 28, WORKSHOPS

1.5 HOURS (CHOOSE TWO AND ONE ALTERNATIVE)

F1. Being Present to Silence

Explore the spiritual director's role as a directee moves into the early stages of silence and contemplative prayer. Study and experience the ways people pray and the role of a spiritual director in accompanying the inevitable changes that occur. A generous provision for personal silence and shared reflection will be included. 33%, 33%, 33%.



Peter Ball, from Ramsbury, England, is a spiritual director, retreat leader, and author of Introducing Spiritual Direction and Anglican Spiritual Direction. Following work at Saint Paul's Cathedral in London, he now ministers in local Anglican parishes.

F2. Spiritual Rx: How to Find Your Spiritual Practice

Good spiritual practices address what is happening in our lives. Learn how to select practices based on the qualities you want to enhance and the tendencies you want to counter or balance. Put together a set of practices—simple activities you make up as you go along—gleaned from the world's religions and the Indiana Jones School of Spirituality. 40%, 40%, 20%.



Mary Ann Brussat is an interfaith minister, co-director of SpiritualityandPractice.com and the Spiritual Literacy Project for multi-faith practice groups. She is co-author of Spiritual Literacy and Spiritual Rx and a reviewer of books, audios, and films. She lives in New York, USA.

F3. Discernment: Key to the Art of Supervision

Does the art of supervision emerge from a contemplative stance? Discover how supervision fosters ongoing co-discernment within the spiritual director, honors God's movement within the spiritual director and directee, and supports the development of the spiritual director's unique gifts and skills. Bring spiritual direction or supervision experiences to use in our reflective group process and discussion. 50%, 25%, 25%.



Carolynne Ervin, MA, coordinates the spiritual direction practicum in the holistic spirituality master's program at Chestnut Hill College in Pennsylvania, USA. She has ministered for 25 years in spiritual direction, training, and supervision of spiritual directors.

F4. Presence in our Body: The Felt Sense and Sacredness of Body Wisdom

Is bringing a sense of the sacred fully into our body a valuable practice? Yes! Learn to ground spiritual experience by accessing your body's wisdom. Practice applications you can use personally and with your directees as we embody the presence of the sacred through tools from focusing, neurobiology, and somatic psychology. 25%, 25%, 50%.



Suzanne Fageol, MDiv, spiritual director, teaches in the Lorian Center for Incarnational Spirituality spiritual direction program, Washington, USA, and serves on the adjunct faculty for the Claritas Institute for Interspiritual Mentoring. She also is a craniosacral bodywork therapist and Episcopal priest.



Elizabeth Fowler, MD, is a teacher and spiritual director in the Lorian Center for Incarnational Spirituality spiritual direction program, Washington, USA. She also is a physician, life coach, and workshop leader.

F5. Hospitality: The Heart of Spiritual Direction

"The Lord appeared to Abraham, and he looked up and saw three men" (Genesis 18:1-2). Abraham and Sarah extended hospitality to God's emissaries. How do we welcome God into our lives and into our spiritual direction relationships? We will explore ways to invite God, directees, and the material they bring into the home of our hearts. 40%, 30%, 30%.



Leslie A. Hay, DMin, is a spiritual director, teacher, writer, and active supporter of ongoing education and nourishment of other spiritual directors. She is the author of Hospitality: The Heart of Spiritual Direction and lives in Texas, USA.

F6. Receptivity and Presence: Creative Movement between Contemplative and Clinical Attentiveness

Presence is deepened by our own ease in shifting attention from the clinical to contemplative dimensions during a spiritual direction session. Hear personal accounts of the transition from clinician to spiritual director and case scenarios that demonstrate the convergence—and divergence—of clinical and contemplative dimensions. Everyone will be invited to share experiences of this creative interplay. 70%, 30%, 0%.

Vivienne Joyce, SC, NCPsyA, is a psychoanalyst and a spiritual director, clinical consultant, supervisor, and instructor in the spiritual direction program at Fordham University Graduate School of Religion, New York, USA.



Robert J. Giugliano, PhD, is a psychologist, spiritual director, and adjunct faculty member at Fordham University Graduate School of Religion, New York, USA.

F7. Being Present to the Cosmos

Want to deepen your presence to the cosmos? Discover the three cosmic principles of differentiation, autopoiesis (self-organization), and communion within and around you. Engage in exploring how these principles are meant to be embodied in each of us as human earthlings and cosmic beings. Learn how they enhance the spiritual companionship dynamic. 40%, 30%, 30%.



Dr. Alexandra Kovats, CSJP, is an adjunct professor in spirituality at The School of Theology and Ministry, Seattle University, USA, spiritual director, and "prayer shop" and retreat facilitator in the United States, Canada, and beyond.

F8. Being Present with Generation X

Everyone holds the potential for a spiritually driven life, and Generation X is no exception. Many in this age demographic are attracted to spiritual direction, seeking spiritual experience, meaning, nonhierarchical relationships, and sacred space. Are you prepared to be present with Generation X? 40%, 40%, 20%.



Karen Kuchan, PhD, lives in California, USA, teaches at Pecos Benedictine School for Spiritual Direction, and authored Visio Divina: A New Prayer Practice for Encounters with God.

F9. Put On Your Own Oxygen Mask First!

How are you doing? Self-care for the spiritual director or companion is crucial. Together we will encourage honest self-reflection, explore the symptoms and path leading to

burnout, and make useful suggestions for the repair and recovery of a good, healthy life. 40%, 35%, 25%.



Sallie Latkovich, CSJ, is professor at the Blessed Edmund Rice School for Pastoral Ministry and codirector of its training for spiritual directors program in Florida, USA.

F10. Discovering Daily the Life in Our Life

For what today am I grateful? For what today am I not so grateful? Ask yourself these two questions, and experience how this daily *examen* can help you fully receive the life from each day. With practice, it can heal hurts, aid in discerning the pattern of God's will, help support others (especially family and children), and focus key movements in the spiritual direction relationship. 50%, 20%, 30%.



Matthew Linn, SJ, MDiv, MA, is the author (with Dennis and Sheila Linn) of 21 books and a teacher in Sacred Ground spiritual direction program, Minnesota, USA.

F11. Presence to Experiences of Sexual Abuse

Sexual abuse is a deep spiritual wound. Being present to this experience in another is painful, difficult, and often avoided. In order to be contemplatively and effectively present to directees, we need to learn strategies, support, and self-care. Learn how you can be present with this painful wound in those you companion. 40%, 30%, 30%.



Carol Mitchell, PhD, is a spiritual director with a background in clinical psychology. She works at the Franciscan Center in Florida, USA, and has extensive experience with sexual abuse survivors.

F12. Retreats in Daily Life: A Proven Path to Presence

Presence starts with being grounded in being. A directed retreat in daily life is a practical way for a spiritual director to seed a lifelong, life-giving encounter with the Sacred. Learn why this type of retreat has appealed to more than 1000 people in the Washington, DC, area, and experience how you can adapt it to your particular setting, congregation, institution, or faith community. 50%, 10%, 40%.



Natalie Ganley and Marilyn Merikangas are spiritual directors at the Jesuit Center for Spirituality at Holy Trinity Church in Washington, DC, USA. Each has given directed retreats in daily life for eighteen years.

☪ **F13. Spiritual Awareness and Wisdom in Zen: Exploring the Nexus of Paradox and Harmony**

Can the simplicity and spirituality of the “Arts of Zen” help us be more present in the multi-faith and multi-cultural contexts of the West and the East? Yes. Together we will explore and experience the paradox and harmony in Zen and learn ways to grow beyond old cultural barriers into new areas of understanding. 33%, 30%, 37%.



Rev. Dr. Masaaki F. Shibano, MTh, DMin, DASD, is pastor of the United Church of Christ in Japan, teacher of spirituality in the West and East, and spiritual director of the Institute of Spiritual Direction, Japan.

☪ **F14. The Transforming Presence on the Margins**

How can our relationships with people on the margins help form us? How does our time with them foster contemplative awareness and interior freedom? We will explore what happens when we truly listen to their stories and receive their gift of transformation. 33%, 33%, 33%.



Sharon Browning, JD, spiritual director, works with Philadelphia, Pennsylvania, USA-based Just Listening Project, which concentrates on simply being present to people on the social margins. She is an attorney and former executive director of Philadelphia VIP Pro Bono Legal Services.



Vie Thorgren, DMin, is the executive director of the Center for Spirituality at Work and its formation program for spiritual directors focusing on the spiritual-care needs of marginalized people. A spiritual director for 29 years, she lives in Colorado, USA.

☪ **F15. Welcoming the Stranger Within**

As spiritual directors, we need to be welcoming and present to the stranger within as well as the stranger who knocks on our door. We all have parts of ourselves that we have rejected, neglected, or ignored. Through poetry, storytelling, and guided imagery, we will delve into our neglected parts and discover ways of honoring and welcoming them into our lives. 40%, 20%, 40%.



Rev. Jane E. Vennard (United Church of Christ) is a spiritual director, retreat leader, and author of six books on prayer, most recently, *The Way of Prayer*. She lives and teaches in Colorado, USA.

☪ **F16. The Simple Presence of Forgiveness**

Why not look at forgiveness as a possibility for new life available through simple, nonattached presence to what is, rather than primarily as a moral or psychological concern? We'll listen to stories, engage in simple forgiveness-related practices from various traditions, and reflect from interpersonal, social, and ecological perspectives. 33%, 33%, 33%.



Dorothy Whiston, DMin, a spiritual director for more than 20 years, currently works with Soul Friends in Iowa, USA, volunteers in several prisons, and is writing a spiritual memoir largely about forgiveness.

FRIDAY EVENING, MARCH 28, OPPORTUNITIES

(CHOOSE ONE AND ONE ALTERNATIVE)

☪ **FE1. Creating a Native American Medicine Wheel: A Way to Be Present**

Using simple art materials, create a personal medicine wheel exploring four aspects of our inner landscape: spiritual, mental, physical, and emotional. We'll then process through group spiritual direction. No previous art experience is required.



Richard Bough, MFA, incorporates artistic expression into the spiritual direction process. He teaches “Art and Spiritual Direction” at Loyola University’s Institute of Pastoral Studies, Illinois, USA.

☪ **FE2. Sacred Touch: Using Our Hands as Instruments for Spiritual Direction**

Learn and practice simple techniques adapted from the healing modalities of massage therapy and Reiki as well as simple rituals using gentle, non-threatening forms of touch. Discuss ways to safely and respectfully incorporate sacred touch into your spiritual direction practice.



Susan Butler-Jones coordinates the Prairie Jubilee Program for Spiritual Direction through the University of Winnipeg, Canada. She is a minister in the United Church of Canada, spiritual director, registered massage therapist, and Reiki practitioner.

☪ **FE3. Prayer for Busy People**

We often hear the guilt-ridden lament, “I don’t have time for a deeper prayer life!” But God is more interested in our growth than our guilt. This workshop invites participants to explore a number of integrative prayer practices: the rolling sanctuary, preparation

prayer, breath prayer, and creative prayer practices such as gardening, art, music, pottery, knitting, and cooking, among others. Find practical ways to expand your own and your directees’ communication with God.



Linda Douty is a spiritual director, retreat leader, book reviewer, and author of *How Can I Let Go If I Don’t Know I’m Holding On?* and *How Can I See the Light When It’s So Dark?* She lives in Tennessee, USA.

☪ **FE4. Vibrations of Creation: Tibetan Singing Bowls**

Experience the open and accepting vibrations of creation through the lingering, penetrating sounds of Tibetan singing bowls. Listen to the circle of sounds emanating from a collection of bowls as they are struck or rubbed. Learn their history, and experience their use on the body. (Limited to twenty participants.)



Ann Kulp, DMin, is a spiritual director who leads workshops and retreats. She is a staff member at Shalem Institute for Spiritual Formation and the author of *Spirit Windows: A Handbook of Spiritual Growth Resources for Leaders*. She lives in Virginia, USA.

Elise Wiarda, who lives in Amsterdam, Netherlands, has 30 years of private practice in body-centered therapy. She teaches workshops in healing and works with cancer patients at the Smith Farm Center when she is in the United States.

☪ **FE5. Sacred Poetry: A Pathway to Being Present**

Listen to the cries of the spirit as expressed in the Hebrew psalms and by Rumi, St. Francis of Assisi, Mary Oliver, and others. Then, through step-by-step practical guidance, we’ll develop a deeper presence with our own spiritual unfolding by writing from our sacred centers. Everyone will have time to compose and share sacred poems as an expression and model for being present.



Canadian author Ray McGinnis has taught more than 7000 people how to use creative writing as a path to being present. Writing the Sacred: A Psalm-Inspired Path is his first book.

☪ **FE6. Awakening Awareness: An Evolutionary Shift**

We are in the midst of an evolutionary shift as more and more people leave behind the smaller ego-self and awaken to a consciousness of oneness. Together we will explore this emerging reality, learn how to open ourselves to its energy, and discuss its implications within the context of spiritual direction.

Jan Novotka, MA, who lives in Pennsylvania, USA, is



an eco-spiritual songwriter, retreat director, and wilderness fast and retreat guide. She is committed to the evolutionary shift taking place in consciousness.

☪ **FE7. Music in Exile: How Can I Sing God’s Song in a Strange Land?**

The experience of exile has inspired beautiful music throughout history. Come listen to the music of homelessness through history and across cultures and reflect on the divine heart of our own exile experience. Together we will share and discover ways we can be present to those who come to us with the ache of exile.



David Christian Nelson, MDiv, is a spiritual director, musician, author, and homemaker in Ohio, USA. He sings and plays historical instruments with *Musica Antigua de Toledo* and *Jubilatores*, specialists in Iberian medieval music.

☪ **FE8. Spiritual Challenges and Opportunities Health Care Providers Face**

Join us for a lively conversation about spiritual issues often encountered by health care providers, and learn about innovative programs encouraging spiritual direction for health care providers. Participants will have ample time to share experiences and stories. Let’s learn from one another!

Julie Harper, nurse, counselor, and spiritual director, has been a major participant in the spiritual direction programs at Orlando Regional Health Care Systems, Florida, USA.



Andrea Henson, RN, is a certified healing touch practitioner, ordained minister, and spiritual director from Florida, USA. Carol Ludwig teaches in the Audire spiritual direction formation program, Florida, USA.



Patrick O’Connor has practiced family medicine for 25 years and is committed to the spiritual well-being of physicians, nurses, and others who provide hands-on medical care. He is a spiritual director in training from Minnesota, USA.

☪ **FE9. We Are the Dance of God the Dancer**

Kabir, an Eastern mystic, describes music and dance as the food and clothes of the soul. Experience how the ineffable finds expression through movement and music. No dance experience required. Come and delight! Be surprised!



Barbara Perry, CHF, BMus, Dip, a dance

meditation teacher and Holy Faith Sister from Dublin, Ireland, leads dancing circles and has given dance workshops in Ireland and England.

☞ **FE10. Latinos: Stories of Immigration and Triumph**
Explore the effect of country, class, and legal status on our spiritual lives through three stories of diversity and immigrant resilience. Reflect on Latino principles of respect, hospitality, and kindness, and increase your understanding of the impact of Latino diversity in our spiritual direction work. We'll then write and share brief autobiographies of immigration or transition.



Rev. Maria Pierre is an interfaith minister, spiritual counselor, and human resources consultant. She is the director of Esperanza Interfaith Center, Florida, USA. Born in San Sebastian, Puerto Rico, she has lived in Canada and England.

☞ **FE11. Being Present with Youth Through Service Projects**

Take a closer look inside the world of spiritually committed youth. Young people, ages 13 to 22, experience contemplative processes on summer mission trips and year-long volunteer projects that help them develop reflective living and presence to self, others, and God. Learn how the *examen*, reflective questions, communal prayer methods, and journaling are tailored to young people who feel called to serve their communities, the poor, and the wider world.



Richard Schlitt is a spiritual director, youth minister, and the director of Youth on a Mission (YOAM). He resides in Vero Beach, Florida, USA. Maureen Schlitt, MPS, is a spiritual director, youth minister, cantor, co-director of Center for Spiritual Care, and serves on the teaching staff of the Audire training program in Florida, USA.

SATURDAY, MARCH 29, WORKSHOPS

3 HOURS (CHOOSE ONE AND ONE ALTERNATIVE)

☞ **S1. Discover the Queen and King, Lover, Magician, and Warrior Within**

Experience practical ways to recognize four major archetypal energies—King and Queen, Lover, Magician, and Warrior—in you and in your directees. Explore spiritual practices that help you understand and regulate archetypes. Using the Neo-Jungian approach of Dr. Robert Moore, learn how in a mature spirituality the Warrior

balances the Lover and how the wise Magus balances the Royal. 33%, 33%, 33%.



Rev. Dr. Lorolie Brown Andrews of Michigan, USA, is a spiritual director, presenter, and editor of Dr. Robert Moore's books on Neo-Jungian psychology and spirituality.

☞ **S2. Lost and Found: The Practice of Wild Writing**

Explore the meanings of wildness and how our capacities to know and inhabit wildness bring us to the Ground of Being. Discover the connection between the extinction of external wilderness and our loss of internal wilderness. Through the practice of wild writing, experience renewal of your inner wilderness and discover some practical tools for spiritual direction. 25%, 25%, 50%.



Marcia Black, PhD, is a spiritual director, psychologist, and writer who leads spiritual writing workshops in synagogues, health centers, and prisons. She has been published in *Presence: An International Journal of Spiritual Direction* and lives in Massachusetts, USA.

☞ **S3. Your Soul's Compass: What Is Spiritual Guidance?**

Discover an essential spirituality distilled from two years of interviews with 27 sages. Beyond concept or dogma, simple, practical teachings emerged from these interviews with Quakers and Jews, Catholics and Episcopalians, Shamans and poets, philosophers and Sufis, Buddhists and Hindus. What are the attitudes and practices that align us with guidance? What blocks us? How does one discern guidance from ego, instinct, or social conditioning? What is the role of community? Are we evolving, and if so, toward what? 50%, 25%, 25%.



Joan Borysenko, PhD, and Gordon Dveirin, EdD, are co-founders of the Claritas Institute for Interspiritual Inquiry, Boulder, Colorado, USA, and authors of *Saying Yes to Change: Essential Wisdom for Your Journey and Your Soul's Compass: What Is Spiritual Guidance?*



☞ **S4. Deepening Your Commitment to Interfaith Work**

What are some of the strengths and struggles of interfaith issues in spiritual guidance? Led by a Jewish-Catholic team, we will explore helpful ideas for offering guidance to people from other religious traditions. We will deepen our commitment to engage in interfaith dialogue with the organizations and individuals we companion. 10%, 30%, 60%.



Cherie R. Brown, founder and executive director of the National Coalition Building Institute in Washington, DC, USA, an international leadership training organization, has worked on interfaith and inter-group issues for more than 30 years.



George J. Mazza is a civil rights attorney with the US Department of Justice in Washington, DC, USA. He has worked with interreligious organizations for more than 20 years.

☞ **S5. Age-ing to Sage-ing**

As spiritual directors, are we doing our own sage-ing work? Are we prepared to sit with elders, assisting them in their spiritual growth? This interactive presentation based on the work of Rabbi Zalman Schachter-Shalomi will address the vision of spiritual eldering, the tools for harvesting life, and the process of mentoring (seeding the future with wisdom). We will also explore the roles of elders as healers of family, community, and the earth. 33%, 34%, 33%.



Dr. Sandi Cohen is a psychotherapist, spiritual director, and adjunct faculty member of the Reconstructionist Rabbinical College in Pennsylvania, USA, who trains rabbis and rabbinical pastors in spiritual direction.



Catherine Coleman, RSM, is a spiritual director, Reiki practitioner, and mentor in a church ministry program in Pennsylvania, USA. She has served for many years as a pastoral minister to the elderly.

☞ **S6. Direct Intimate Presence: Collapsing Our Mind-Created Distances**

What does it mean to be inside the reality we touch, to be directly present from the inside of our relationship with God, a spiritual companion, a group of people, or nature? Take part in experiential exercises designed to help us grow beyond the limiting subject-object dualism that so powerfully conditions us, and become more immediately present. We will look at spiritual direction and retreat leadership in natural settings as special contexts for the cultivation of direct presence. 33%, 33%, 33%.



The Rev. Tilden Edwards, PhD, is the founder and senior fellow of the Shalem Institute for Spiritual Formation, Maryland, USA. Author of seven books on the spiritual life, including two on spiritual direction, he is an international presenter on contemplative spiritual life and leadership.

Ann Dean, director of the Shalem Institute's extension



program "Leading Contemplative Prayer Groups and Retreats," is a spiritual director and leader in the ecumenical Church of the Savior, including the Dayspring Retreat Mission Group, Maryland, USA.

☞ **S7. Working with the Body in Spiritual Direction**

Take part in an introduction to body-oriented practices for use in spiritual direction. Explore the *hara*, or belly center, and practice centering while maintaining center under pressure. We will work with *ki*, or vital energy, a universal spiritual principle, and practice Aikido's geometry of relationship using triangle (focus), circle (blending), and square (stable boundaries). 25%, 15%, 60%.



Robert Frager, PhD, a seventh-degree black belt in Aikido and a Sufi sheikh (spiritual guide), is founding president and director of the Spiritual Guidance program at Institute of Transpersonal Psychology, California, USA.

☞ **S8. Spirituality at Work**

Few would disagree that work is more than money and ambition. But where does spirituality come into the workplace? How do we deal with setbacks at work? Is the spirit active in large corporations as well as in church-based organizations? Should we encourage those who come for spiritual direction to explore work-related issues? Come along to share insights and seek answers together. 50%, 25%, 25%.



Greg Heylin earned a living in the Irish civil service and works as a spiritual director. He wrote a book on work and spirituality and believes the spirit is in the workplace.



Margaret Benefiel, PhD, offers spiritual direction for workplaces. Author of *Soul at Work*, she teaches at Andover-Newton Theological School in Massachusetts, USA, and the Milltown Institute in Ireland.

☞ **S9. Art Journaling and Contemplative Presence**

Use a combination of art journaling, meditation, and gentle stretching movement to probe life-points and lines—the visual and verbal doorways into the grace of the present moment. Discover a prayerful tool for shifting into the spirit of a spiritual direction session or any contemplative situation. 30%, 30%, 40%.



Marianne Hieb, RSM, MFA, ATR, DMin, directs Lourdes Wellness Spirituality Program in New Jersey, USA. She is a retreat and spiritual director, author of

Inner Journeying through Art-Journaling, *studio artist, art therapist, and art-journaler.*



Helen Owens, OSF, RN, MSN, DMin, is vice president of Mission and Community Health Improvement, Lourdes Health System, New Jersey, USA. She is a holistic nurse and contributor to Nurses Handbook of Alternative and Complementary Therapies.

☛ **S10. Being Present for Inner Healing**

In the interior world, we may encounter traumatic memories, intimations of the future, and surprising moments of divine inspiration. We will explore the potential for inner healing using a model of consciousness from transpersonal psychology and illumined by the prayer process described by Teresa of Avila in *The Interior Castle*. 33%, 33%, 33%.



Dwight H. Judy, PhD, associate professor of spiritual formation at Garrett-Evangelical Theological Seminary in Illinois, USA, offers courses in spiritual direction for certification in spiritual formation in the United Methodist Church.

☛ **S11. Becoming a Compassionate Presence**

Compassion for self and others is an integral aspect of spiritual guidance. We'll learn theories and concepts of compassion from various disciplines including psychology, science, spirituality, theology, and sociology. Then we'll incorporate these processes in two presentations to inspire and develop compassionate presence as well as creative ways to pray compassionately for self and others. 50%, 30%, 20%.



Joyce Rupp, OSM, writer, conference speaker, and spiritual director for 25 years, describes herself as a spiritual midwife and resides in Iowa, USA.

☛ **S12. The Male Spiritual Journey: Transforming Wounds to Wisdom**

Wounding and grief often present obstacles in the male spiritual quest. Together we will examine the nature of men's spiritual journeys and ways men typically deal with hurt and loss. Drawing from Judaism, Christianity, Buddhism, and traditional rites of initiation, we will explore strategies to help guide men through loss into greater wisdom. 33%, 33%, 33%.



Karl Ruttan, PhD, an Episcopal priest from West Virginia, USA, and dean of the Anglican Academy in Ohio, USA, is a spiritual director who teaches spiritual

formation and leads men's retreats.



Jim Neppel, corporate spiritual director and consultant from Minnesota, USA, leads workshops and retreats on fulfillment and healthy work cultures.



"I find myself almost speechless at how blessed I feel to have been part of such an incredible event."
—Daryell Cooper

EVENING PERFORMANCE

For Tomorrow (Ich Hoff' Auf Morgen): Poetry, Music, and the Story of Hilda Stern Cohen
SATURDAY, MARCH 29, 7:30 P.M.

For Tomorrow, a unique presentation about a Holocaust survivor and poet, is part theater, part storytelling, part music, part prayers and chant. Vignettes of Hilda Stern Cohen's life are told in her own words, as recounted by her to storyteller Gail Rosen. The vignettes are framed by chanted Hebrew prayers—the prayers that Hilda prayed daily. Hilda's poems—some spoken, some set to music by William Gilcher and sung in German by Elizabeth Bolton, a rabbi and trained opera singer—poignantly evoke her experience. Rabbi Bolton is accompanied by Tom Moore on piano and Anna Gilcher on flute. More than a biography of a Holocaust survivor, *For Tomorrow* is the recounting of a unique spiritual and physical journey in which faith supports survival and creativity inspires—and is expressed in—faith. ☛

Post-Conference Opportunities

MEN'S SPIRITUAL JOURNEY

Signposts on the Way

SUNDAY (6:00 P.M. - 9:00 P.M.) - MONDAY (9:00 A.M. - 4:00 P.M.), MARCH 30 - 31

Facilitated by men for men, this gathering is designed to provide an environment for men to share from within their own journeys and to create an alliance of men encouraging men in spiritual formation and direction. Stories and reflections will be honored and respected in an atmosphere where all are welcome and all are brothers. Directions for future involvement will be explored. Beginning Sunday at 6:00 p.m. and continuing through 4:00 p.m. on Monday, this relaxed, facilitated event will include conversations, laughter, and fellowship. As we listen and discuss, we will begin to transform into who we really are so we can support men on their way. The cost is US\$100.00 and includes Sunday dinner and Monday lunch. ☛

PILGRIMAGE DAY IN WASHINGTON, DC

Hearts Transforming the World

MONDAY, MARCH 31, 8:30 A.M. - 6:00 P.M.

Come join us for an extraordinary day of pilgrimage in Washington, DC. Experience the soul of the city through its powerful stories and myths. Beginning at the Lincoln Memorial, we reflect upon Lincoln's words of "mystic chords of memory." The view from the steps is one of the most beautiful, with the Washington Monument reflected in the pool at its base and the Capitol anchored at the opposite end. We will practice silent walking meditation as we continue to a humble structure that poses daunting questions: the Vietnam Memorial. Next, we explore the National Museum of the American Indian and participate in a sacred healing ceremony. We'll enjoy a lunch of the indigenous foods of the Americas. Our last stop at the Islamic Center of Washington includes time for reflection at the Islamic cultural center and stunningly beautiful mosque with inspiring minarets which point toward the heavens. When it opened in 1957, it was the largest Muslim place of worship in the Western hemisphere. We leave

the hotel at 8:30 a.m. and return around 6:00 p.m. Registration is limited to the first 100 people. The cost is US\$90.00 and includes transportation and lunch. ☛

The Spiritual Directors International annual conference is my favorite of all the ones I attend each year. I always leave feeling nurtured, affirmed, empowered, and eager to use some of the new learning I received.

—Nancy Reeves

MARKETING FOR SPIRITUAL DIRECTORS

Helping Spiritual Directors Communicate the value of Spiritual Companionship

MONDAY, MARCH 31, 9:00 A.M. - NOON

Many spiritual directors have an aversion to the connotations of *marketing*, but marketing is one way we tell our stories and share the ministry and service of spiritual direction with others. During the three-hour workshop, Pegge Bernecker and Carol Fournier will help identify the challenges and opportunities of the marketing form of communication. The cost is an affordable US\$30.00 because the majority of the expense is being underwritten by Spiritual Directors International as a way of supporting individual spiritual directors in communicating the value of the spiritual direction ministry and sacred service. ☛

EXHIBITOR INVITATION. A limited number of tables are available for display and sales at the Spiritual Directors International Conference, March 28 - 30, 2008. More than 500 people are expected to attend. A covered table with two chairs (or equivalent space if you have your own setup) costs US\$200.00 per table. The conference runs its own bookstore. For information or reservations go to: http://sdiworld.org/2008_event/display/exhibit-information.html.

HOTEL INFORMATION. Events will be held at the Hilton Washington Dulles Airport Hotel. A limited number of rooms have been reserved at the conference rate of US\$115.00 per night for single and double occupancy. Be sure to mention Spiritual Directors International to get the special rate. Make your hotel reservations as soon as possible by calling **800-445-8667** or **703-478-2900**. Visit the hotel online at www.washingtondulles.hilton.com. Reservations must be made by February 20, 2008. After this date, or once the group block is filled, the current hotel rate will apply.

GROUND TRANSPORTATION. The Hilton Washington Dulles Airport Hotel provides free airport shuttle service from the Washington Dulles International Airport (IAD). The shuttle is available 24 hours a day and runs every 30 minutes between 5:30 a.m. and midnight. During off-scheduled hours, use the courtesy telephones located in the baggage claim area. Hotel parking is complimentary for all guests.



SCHOLARSHIP AND BURSARY INFORMATION. Priorities for bursaries, partial scholarships, and work-exchange scholarships are for those who have been members of Spiritual Directors International for two years or more. To apply for financial assistance, please submit the following to the events coordinator (events@sdiworld.org) **before** registering: 1) dollar amount requested; 2) statement describing how attending this event will benefit your ministry and Spiritual Directors International in your geographic area. **DO NOT REGISTER UNTIL YOU HAVE BEEN NOTIFIED OF THE STATUS OF YOUR FINANCIAL REQUEST.** Financial assistance will be awarded on a first-come, first-served basis for as long as funds are available.

SCHOLARSHIP AND BURSARY DONATIONS. For many people, especially international participants, interns, and those on fixed incomes, the conference is out of their financial range. Please make a donation to the scholarship and bursary fund. Thank you for sharing your generous heart with others in need!

WORSHIP AND RITUAL. Spiritual Directors International is an increasingly diverse spiritual learning community. Throughout the conference, individual participants might feel called to go offsite to local houses of worship. We will provide local worship information; however, offsite worship is the individual participant's responsibility. During the conference, we will share sacred time together and participate in rituals designed specifically to celebrate the diverse Spiritual Directors International conference community. A beautiful meditation room will be available 24 hours a day.

INFORMATION SHARING. All conference participants are invited to bring brochures and program materials to share with others. Table space is provided, free of charge, for information sharing.

SCHEDULING. The full schedule provides many opportunities. Please make sure you take care of yourself. If you need more quiet time, select fewer options. If you want more stimulation, take advantage of all the options. Select a schedule that works best for you, making space for the contemplation you need.

THE GALLERY OF GRATITUDE. Celebrate guiding lights from your spiritual journey. Honor a mentor, teacher, guide, or companion in the Gallery of Gratitude. Simply submit the name of someone who has had a significant influence on you and include two or three words you would like to share about them. The Gallery will be displayed during Conference. A US\$25.00 contribution is suggested for each submission, but no remembrance will be turned down because of lack of funds. All contributions will be used for scholarships and bursaries (tax deductible for United States citizens). Submissions must be received by February 15, 2008, events@sdiworld.org

Registration Form (please print)

Register online at www.sdiworld.org

Name _____ Day Telephone _____
(AS YOU WOULD LIKE IT TO APPEAR ON YOUR NAME TAG)

Address 1 _____ Eve Telephone _____

Address 2 _____

City _____ St/Prov/Terr _____ Zip _____ Intl Postal Code _____

Country _____ E-mail _____

Enrichment, Formation, or Training program attended _____ class of _____
(TO FACILITATE ALUMNI REUNIONS) (YEAR)

Tuition includes three community meals (midday meal Friday & Saturday and brunch on Sunday). Place a check mark next to the fees appropriate to your enrollment. Fill in your workshop choices according to priority using the letter and number identifying code next to the workshop description. **Space is limited and workshops will be filled on a first-come, first-served basis.**

	BEFORE JAN 7	AFTER JAN 7	
Leadership Institute			Friday Workshops Choices (F)
Trainer Rate	___ US\$195.00	___ US\$225.00	_____ Workshop I
Non-Trainer Rate	___ US\$230.00	___ US\$265.00	_____ Workshop II
Conference			_____ alternate
Member Rate	___ US\$395.00	___ US\$425.00	Friday Evening Opportunity (FE)
Non-Member Rate	___ US\$475.00	___ US\$505.00	_____ 1st choice
Non-Refundable Registration Fee	<input checked="" type="checkbox"/> US\$ 50.00	<input checked="" type="checkbox"/> US\$ 50.00	_____ alternate
Men's Gathering (March 30-31)	___ US\$ 100.00	___ US\$ 100.00	Saturday Workshop Choice (S)
Washington Pilgrimage (March 31)	___ US\$ 90.00	___ US\$ 90.00	_____ 1st choice
Marketing Workshop (March 31)	___ US\$ 30.00	___ US\$ 30.00	_____ alternate
Scholarship/Bursary Awarded	less US\$ _____	less US\$ _____	
By Whom: _____			
SDI Membership Dues:	<input type="checkbox"/> New	<input type="checkbox"/> Renew	
USA Address	___ US\$ 69.00	___ US\$ 69.00	
Outside USA	___ US\$ 59.00	___ US\$ 59.00	
Student Rate	___ US\$ 49.00	___ US\$ 49.00	
Scholarship/Bursary Fund Donation	US\$ _____	US\$ _____	<input type="checkbox"/> First Time Attendee
Gallery of Gratitude Donation	US\$ _____	US\$ _____	<input type="checkbox"/> Vegetarian Meals
Name of Honoree & two or three word description _____			
TOTAL ENCLOSED	US\$ _____	US\$ _____	

Registration will be confirmed upon receipt of payment.

Special Needs: If you have mobility, visual, or hearing needs, please indicate them here or enclose a description with your registration. For any other special needs, concerns, or to arrange a payment plan, please contact Sue Espinosa, Events Coordinator, at 925-449-1261 or events@sdiworld.org.

Cancellations. Fees will be refunded with written notice prior to January 30, 2008 (less US\$50.00 non-refundable registration fee). Because space is limited and pricing may be below cost, after January 31, 2008 we can only offer 50% refunds on cancellations.

Cheques: Cheques must be payable in US funds, payable through a US bank. Send to Spiritual Directors International: PO Box 3584: Bellevue, WA 98009 USA. To pay by cheque in non-US currency, contact office@sdiworld.org.

Credit cards: You may pay by Visa or Master Card. Fax completed Registration Form to 1-425-455-1566 or mail to PO Box 3584: Bellevue, WA 98009 USA. Your credit card statement will reflect prevailing exchange rates.

Charge my VISA/MC Card # _____ - _____ - _____ Expires _____ / _____

Signature _____ Date _____

(CHARGE CANNOT BE PROCESSED WITHOUT SIGNATURE)





*"Observe good faith and justice towards all nations.
Cultivate peace and harmony with all."*

- George Washington, Farewell Address, September 19, 1796

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