



## Franciscan Spiritual Direction Training Program 2025-2026 Year One Syllabus

### Module 1: Introductions, Retreat, and Expectations

Cohort Module 1 Gathering Date: Friday, February 14 (9am – 2pm Pacific)

Activities to Complete Before Gathering Date

- Online Components (Lessons)
  - Introduction and Welcome
  - Asynchronous Learning
  - Getting Familiar with Our Learning Management Platform
- Readings
  - *The Journey and the Dream*

Cohort Module 1 Gathering Activities

- Overview of topics for the first year
  - Franciscan Themes
  - Spiritual Direction
  - Spiritual Practices
  - Cultural Hermeneutics
- Greetings from Christine Naylor (Director, Franciscan Spiritual Center)
- Creating a cohort covenant (a trustworthy space)
- Expectations, contemplative dialogue, and community building
- Explanation of Mentor Groups



## Module 2: Human Development and Ways of Knowing

Cohort Module 2 Gathering Date: Friday, March 14 (9am – 2pm Pacific)

### Activities to Complete Before Gathering Date

- Online Components (Lessons)
  - Transitions
  - Ways of Knowing
  - Human Development
  - Overview of Franciscan Traditions
- Readings
  - *Transitions: Making Sense of Life's Changes, Part I*
  - *Discovering the Franciscan Intellectual Tradition, Chapter 1*
  - *Comparative labels of stages of faith and development* (online document)

### Cohort Module 2 Gathering Activities

- Ways of knowing
- Human Development Theory
- Transitions
- Community Formation
- Gather with Mentor Group
  - Initial formation of groups

### Mentor Group Gathering (before next Cohort Gathering)

- Getting acquainted
- Module 2 content discussion



## Module 3: Choosing Your Mystic

Cohort Module 3 Gathering Date: Friday, April 11 (9am – 2pm Pacific)

### Activities to Complete Before Gathering Date

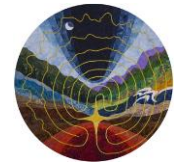
- Online Components (Lessons)
  - Lives of St Francis and St Clare
  - Mysticism – Third Way of Seeing
  - Contemplative Practices
  - Active Listening
- Readings
  - *Transitions: Making Sense of Life's Changes, Part II*
  - *Discovering the Franciscan Intellectual Tradition, Chapter 2*
  - *The Naked Now, Part I*

### Cohort Module 3 Gathering Activities

- Reflections on Readings
- Mystics: Why?
- Lives of St Francis and St Clare
- Gaze | Consider | Contemplate | Imitate
- Active Listening
- Gather with Mentor Group

### Mentor Group Gathering (before next Cohort Gathering)

- Who are you seeing as your mystic?
- Module 3 content discussion



## Module 4: Incorporating Creation in Spiritual Practices

Cohort Module 4 Gathering Date: Friday, May 9 (9am – 2pm Pacific)

### Activities to Complete Before Gathering Date

- Online Components (Lessons)
  - Creation Theology
  - Humility of God (Incarnation)
  - Forest Bathing
- Readings
  - *Discovering the Franciscan Intellectual Tradition*, Chapter 3 to Endnotes
  - *The Naked Now*, Part II
  - *Spiritual Direction 101*, Introduction to Chapter 6

### Cohort Module 4 Gathering Activities

- Forest Bathing, Praying with Senses
- Gather with Your Mentor Group
  - What in the Franciscan Intellectual Tradition matters to your practice as a Franciscan spiritual director?
  - How does it make itself known?

### Mentor Group Gathering (before next Cohort Gathering)

- How is your mystic accompanying you?
- Module 4 content discussion



## Module 5: Ways of Discerning

Cohort Module 5 Gathering Date: Friday, June 13 (9am – 2pm Pacific)

Activities to Complete Before Gathering Date

- Online Components (Lessons)
  - Franciscan Discernment
  - Ignatian Discernment
  - Enneagram (Individual Types)
  - Dreamwork
  - Spiritual Direction versus Therapy
- Readings
  - *The Naked Now*, Part III
  - *Spiritual Direction 101*, Chapter 7 to Epilogue
  - *Franciscan Lectio*, Part I
  - CAC Daily Meditations on the Enneagram

Cohort Module 5 Gathering Activities

- Franciscan Discernment Integration
- Ignatian Discernment Integration
- Enneagram Integration
- Gather with Your Mentor Group
  - Dreamwork
  - Enneagram

Mentor Group Gathering (before next Cohort Gathering)

- Module 5 content discussion



## Module 6: Lectios and Engagement with the World

Cohort Module 6 Gathering Date: Friday, July 11 (9am – 2pm Pacific)

### Activities to Complete Before Gathering Date

- Online Components (Lessons)
  - Lectios
  - Dark Night of the Soul (Part 1)
  - Art and Spirituality (Visio Divina)
- Readings
  - *Franciscan Lectio*, Part II
  - *Holy Listening: The Art of Spiritual Direction*, Preface – Chapter 2

### Cohort Module 6 Gathering Activities

- Process Readings from *Franciscan Lectio*
- Art and Spirituality integration
- Dark Night of the Soul
- Gather with Your Mentor Group
- Triad Practices

### Mentor Group Gathering (before next Cohort Gathering)

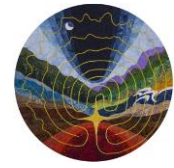
- Creative mediums for spiritual integration
  - Visual art
  - Music
  - Crafts
- Module 6 content discussion

# Franciscan Spiritual Center

*Renew one's spirit | See with new eyes*

*Learn and connect | Find peace, quiet, and rest*

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## Module 7: Rule of Life

Cohort Module 7 Gathering Date: Friday, August 8 (9am – 2pm Pacific)

### Activities to Complete Before Gathering Date

- Online Components (Lessons)
  - Rule of Life
  - Cultural Determinacy
  - Contemplative practices
  - Generational theories
- Readings
  - *Franciscan Lectio*, Part III
  - *Holy Listening: The Art of Spiritual Direction*, Preface – Chapter 3-4

### Cohort Module 7 Gathering Activities

- Rule of Life Integration
- Contemplative Practices
- Cultural Hermeneutics / Spirituality in the 21st Century
- Diversity of God (retreat activity)
- Generational Spirituality
- Gather with Your Mentor Group
  - Bring your draft Rule of Life
- Triad Practices

### Mentor Group Gathering (before next Cohort Gathering)

- Rule of Life discussion
- What cultural determinants shaped your formation and hermeneutics?
- What generational determinants shaped your formation?
- Module 7 content discussion

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## Module 8: The Person

*Cohort Module 8 Gathering Date:* Friday, September 12 (9am – 2pm Pacific)

*Activities to Complete Before Gathering Date*

- Online Components (Lessons)
  - Dignity of the Human Person
  - Transference & Power Issues
  - Interview with Cindy Lee – Our Unforming
- Readings
  - *Franciscan Lectio*, Part IV
  - *Our Unforming: De-Westernizing Spiritual Formation*, Introduction, Parts 1&2

*Cohort Module 8 Gathering Activities*

- Transference & Power Issues
- Ethics panel
- Unforming your faith – Part 1
- Gather with Your Mentor Group
- Dyads

*Mentor Group Gathering (before next Cohort Gathering)*

- Unforming your faith
- Ethics and Transference
- Rule of Life
- Module 8 content discussion





## Module 9: The Beauty of Poverty

Cohort Module 9 Gathering Date: Friday, October 10 (9am – 2pm Pacific)

Activities to Complete Before Gathering Date

- Online Components (Lessons)
  - The Beauty of Poverty
- Readings
  - *Our Unforming: De-Westernizing Spiritual Formation*, Part 3, Conclusion

Cohort Module 9 Gathering Activities

- The Beauty of Poverty Integration
- Unforming Your Faith – Part 2
- Preparation for working with volunteers
- Rule of Life presentation
- Gather with Your Mentor Group
- Dyads
- Looking ahead to next year

Mentor Group Gathering (before next Cohort Gathering)

- Set up time to meet with your mentor group during the break