

BASIC COURSE INFORMATION

SC – SOUL COMPANIONING:

Introduction to Spiritual Direction



COURSE DESCRIPTION

The spiritual work of soul companionship has a rich and long history starting from the biblical times down through the evolving history of the Church to our contemporary times. This course provides a sweeping overview of the "care of souls" (*cura animarum*) and its resultant expressions in the modern pastoral theology and care movement. Attention is given to spiritual friendship, guidance, and mentoring, with special focus on the distinct and time-honored ministry of spiritual direction.

COURSE FOCUS

Utilizing the vast enterprise of soul care as a backdrop, this course is designed as an introduction to the art and ministry of spiritual direction—both classic and contemporary. Emphases will be on its primary thrust, distinctive approach, and companionship dynamics.

COURSE FORMAT

SC is a four-week online course that takes place in Moodle. Participation in the course primarily takes place asynchronously; however, on occasion the class will meet 'live' via web conference. Each week includes a combination of readings and/or video viewing and active participation in the threaded (Forum) discussion(s). More importantly, the course includes reflective exercises and spiritual practices, designed for practical application to one's life and ministry.

REQUIRED TEXTS

Green, S.J., Thomas H. *The Friend of the Bridegroom: Spiritual Direction and the Encounter with Christ*. Ave Maria Press, 2000.

Fryling, Alice. *Seeking God Together: An Introduction to Group Spiritual Direction*. Downers Grove IL: InterVarsity Press, 2009.

Recommended Texts:

Hernandez, Wil. *Henri Nouwen and Soul Care: A Ministry of Integration*. Mahwah, NJ: Paulist Press, 2008.

Smith, Gordon T. *Spiritual Direction: A Guide to Giving & Receiving Direction*. InterVarsity Press, 2014.

Note: There will be other supplementary resources for the course. The complete Course Syllabus will be posted on Moodle.