

*Certificate Program in  
Christian Formation and  
Spiritual Direction  
2009-2010*



Offered at Nazareth Retreat Center, Boise, Idaho beginning January, 2009, by  
Mission Centered Education, in partnership with Christian Formation & Direction Ministries

**Mission Centered Education [MCE]** is a limited liability corporation, registered in Idaho in 2001. The overall mission of MCE is to help individuals and groups develop and articulate their own mission and to embed it into their day-to-day activities. Its purpose in partnering with CFDM in this Certificate Program is to assist the participants “to ‘grow in wisdom and grace’ and to be a source of grace to others.” For information about MCE, contact Peg Wuelfing, [PWuelfing@Gmail.com](mailto:PWuelfing@Gmail.com) or call (208) 338-6535.

**Christian Formation & Direction Ministries [CFDM]** is a non-profit Christian ministry incorporated in California in 1996. Its mission is to “lead others into a deeper love for and intimacy with the Father, Son, and Holy Spirit through spiritual formation and the art of spiritual direction... particularly through the training, re-sourcing, networking, and supervising of spiritual directors for Christian churches in the western United States.” For more information visit its website at [www.cfdm.org](http://www.cfdm.org).

**The goal of the Certificate Program** in Christian Formation and Spiritual Direction is to help the student

- To mature into deeper intimacy and friendship with the Triune God by learning about and engaging in time honored practices that facilitate spiritual growth
- To recognize the presence and movement of God in one’s own life and to discern the call to serve others through the ministry of spiritual direction
- To develop an appreciation of Christian spirituality as the integration of insights from Scripture, theology, personal and communal history, psychology and related fields as they are experienced in reflection on ‘life in the real world’
- To discover the richness of one’s own spiritual tradition and the gifts and blessings of other traditions
- To gain experience and skills in providing individual and group spiritual direction in a Christ-centered program and context
- To participate in a creative partnership among Christian spiritual directors in Idaho and surrounding states for ongoing personal and ministerial development. .

**Certificate Program Events and Dates**

**Year One** [Focus on Christian formation and introduction to the art of spiritual direction]

January 27-31, 2009	Class in Spiritual Formation, Tuesday evening thru Saturday noon at Nazareth Retreat Center, Boise, Idaho
May 20-23, 2009	Class/training continued, Wed evening thru Saturday noon...
August 12-15, 2009	Class in Spiritual Practices, Wed evening thru Saturday noon
October 28-31, 2009	Optional Retreat: Prayer and Discernment, Reflection, Discussion ...
By arrangement	Individual Monthly Quiet Days
By arrangement	Monthly individual meetings with a spiritual director

**Year Two** [For those continuing, focused now entirely on practical training in spiritual direction]

January 20-23, 2010	Class/training continued, Wed evening thru Saturday noon...
May 18-22, 2010	Class/training continued, Wed evening thru Saturday noon...
August 18-21, 2010	Optional Retreat: Prayer and Discernment, Reflection, Discussion
November 10-13, 2010	Class/training continued, Wed evening thru Saturday noon...
By arrangement	Regular meeting with one’s spiritual director
By arrangement	Monthly peer and advisor supervision for direction given
By arrangement	Supervision in a network of spiritual directors

## Costs:

Tuition for the two-year program is \$1,000 for Year 1 and \$1,300 for Year 2. Each year this covers 10 days of instruction and practicum in a retreat setting, faculty resources, administrative costs, reprints and other materials, and in the second year, the cost of monthly supervision. Not included are costs for transportation, meals, and lodging. Also not included are fees for personal spiritual direction, monthly quiet days, and an optional retreat each year.

- **Meals:**

All participants can estimate \$250 per year for meals, beverages, and snacks at Nazareth. Every effort will be made to accommodate special dietary needs by prior arrangement.

- **Lodging**

The cost for those who wish to lodge at the Retreat Center is \$250 (semi-private) or \$350 (private) per year. Local motels are available at a higher cost. Some accommodations may be available in the homes of local participants.

- **Optional Retreat** (at Nazareth; cost to be determined by participants)

Participants are encouraged but not required to gather for 3 days of communal prayer and discernment, reflection and discussion of formation in the art of spiritual direction

## Entry Requirements

Admission is open to individuals [lay or clergy] from any Christian tradition, who have a bachelor's degree or its equivalent or who have a demonstrable knowledge of Scripture and theology, and/or a pattern of engagement in ministry or service. Life experience is highly valued, as is an awareness of a potential call to be a spiritual director. Admission to the program is granted when the following steps have been completed:

- A completed application submitted by December 1, 2008. *Earlier application is encouraged* because the size of a class is limited to 15 participants and may be closed before the deadline.
- A statement detailing your educational background and work experience, landmarks in your journey in faith and your experience of receiving and/or providing spiritual companionship or direction. Please describe your interest in and expectations for this program [see attached materials].
- Two letters of reference [one pastoral and one personal]
- An interview with one of the Program Faculty/Staff, in person or by telephone.
- Once a person is admitted to the program, a \$200 deposit will be due to reserve a space in the program. The balance of tuition for the Program is due at the beginning of the program on a yearly, monthly or quarterly basis, or by arrangement.

## Faculty

Rev. Dr. Douglas H. Gregg, Ph.D., President and Co-Director of CFDM, Professor, ordained Presbyterian Minister in the PC(USA), spiritual director, supervisor, and author; administering CFDM from Springdale, Utah.

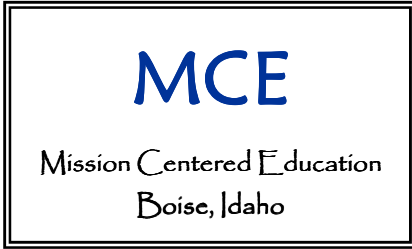
Rev. Dr. Catherine C. Gregg, D.Min., Director of Supervision for CFDM, ordained Episcopal Priest, Rector of Grace Episcopal Church in St. George, Utah, and former Director of both the Doctor of Ministry Program in Spirituality and the Certificate Program in Spiritual Direction at Azusa Pacific University in Southern California

Dr. Peg Wuelfing, Ph.D., Director of Mission Centered Education, LLC, is a lay ecclesial minister in the Roman Catholic Church, national speaker on curriculum and professional development, former Director of Adult Catholic Education of the Treasure Valley (Boise, Idaho), retreat master, spiritual director, and catechist.

## For more information or an application, contact

**Peg Wuelfing**, Director of MCE, [PWuelfing@GMail.com](mailto:PWuelfing@GMail.com), (208) 338-6535, 99 Forest Drive, Boise ID 83716

**Douglas Gregg**, President and Co-Director of CFDM, [dgregg@cfdm.org](mailto:dgregg@cfdm.org) - 435-632-3467 – [www.cfdm.org](http://www.cfdm.org)



# APPLICATION FORM



## Certificate Program in Christian Formation and Spiritual Direction Boise, Idaho, 2009-2010

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home phone (\_\_\_\_) \_\_\_\_\_ Work phone (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Faith Community: \_\_\_\_\_

**Attach the following to this application:**

- A statement detailing your educational background and work experience, landmarks in your journey in faith, and your experience of receiving and/or providing spiritual companionship or direction. Please describe your interest in and expectations for this program—see prompts on the next page of this form.
- Two letters of reference [one pastoral and one personal]—see attached form

Admission is open to individuals [lay or clergy] from any Christian tradition, who have a bachelor’s degree or its equivalent or who have a demonstrable knowledge of Scripture and theology, and/or a pattern of engagement in ministry or service. Life experience is highly valued, as is an awareness of a potential call to be a spiritual director.

Upon receipt of application you will be contacted for a telephone or in-person interview

Admission is granted by the Admissions Committee [composed of Faculty and Staff of the Certificate Program] .

**Tuition:**

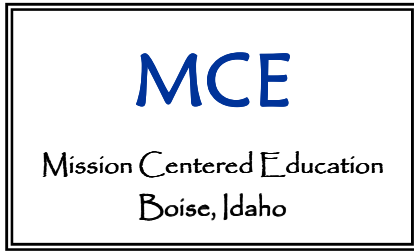
Tuition is for Year 1 is \$1,000 (plus \$250 for meals); tuition for Year 2 is \$1,300, including supervision (plus \$250 meals).; This covers 10 days of instruction and practicum in a retreat setting each year, faculty resources, administrative costs, reprints and other materials. Not included are costs for transportation, meals, and lodging (varies based on participant need). Also not included are fees for personal spiritual direction, monthly quiet days, and an optional retreat each year.

I understand and agree to the program costs as stipulated above.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please **sign and send** this form with your application materials to:

Peg Wuelfing, Director  
Mission Centered Education  
99 Forest Drive  
Boise, ID 83716  
pwuelfing@gmail.com



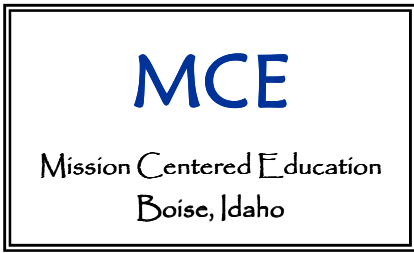
## QUESTIONS



### **... to consider in completing the personal statement portion of the application process**

1. How would you describe your understanding of spiritual direction? What do you hope to receive from this program? With whom or where do you expect to share what you learn?
2. How did you hear about this program?
3. Describe any steps or practices you have undertaken (*e.g.*, counseling, spiritual companionship or direction, journaling, etc.) to promote emotional and spiritual health and well-being.
4. If you have, or have ever had, a spiritual director, please describe your experience and identify what has been most helpful to you in this relationship.
5. Describe the most significant landmarks of your spiritual journey and your relationship with God at this time.
6. What do you see as your strengths? Your weaknesses?
7. Do you have any theological training (*e.g.*, seminary, bible study, courses/workshops, etc.)? Have you ever had any formation or training in the art of spiritual direction? Please be specific.
8. If you are married, describe your spouse's response to your desire to be in this program.
9. We believe we must be able to recognize the presence and movement of God in our own lives before we can help another to do the same; therefore, an important emphasis in this program is to take an in-depth and very truthful look at ourselves and our lives – our relationship with God and with others, our giftedness and our wounded-ness...  
What is your honest response as you read this statement about the program?
10. For legal reasons, we are required to include the following two questions:
  - a) Have you ever been convicted of a felony? If so, please explain briefly.
  - b) According to ADA guidelines, do you have a disability that should be known by the Faculty?

**Applicant's statement should be sent to:  
Peg Wuelfing, Director, Mission Centered Education, 99 Forest Drive, Boise, ID 83716  
or attached to an email to [PWuelfing@GMail.com](mailto:PWuelfing@GMail.com)**



# RECOMMENDATION FORM



## Certificate Program in Christian Formation and Spiritual Direction Boise, Idaho, 2009-2010

[make copies as needed]

When completed, attach this form and send in an email form to Peg Wuelfing at [PWuelfing@GMail.com](mailto:PWuelfing@GMail.com)

**NAME OF APPLICANT:** \_\_\_\_\_

The above-named applicant has applied for admission to our two-year training program in spiritual formation and direction, with the goal of becoming a spiritual director. Please respond to the following questions with that in mind.

1. Name some characteristics showing suitability for this ministry:

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2. What are the strengths of this person?

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3. In what areas could this person grow?

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4. How long have you known this person? In what capacity?

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5. How would you characterize this person's relationship with God?

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6. How would you characterize this person's relationship with his/her family and friends as well as with those to whom he/she ministers?

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ADDITIONAL COMMENTS:

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Your Name (please print) \_\_\_\_\_

Your Signature \_\_\_\_\_

Your position \_\_\_\_\_

Your phone number \_\_\_\_\_

Date \_\_\_\_\_

*Thank you!*

When completed, please send the **signed form** by mail to:

**Peg Wuelfing, Director**  
**Mission Centered Education**  
**99 Forest Drive**  
**Boise, ID 83716**