

# Certificate Program in Christian Formation and Spiritual Direction 2011—2013



Offered at Nazareth Retreat Center, Boise, Idaho beginning January, 2011, 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 to 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 participants to “grow in wisdom and grace,” to discern the call to spiritual direction, and to develop the skills, knowledge, and values intrinsic to the spiritual direction ministry. For information about MCE, please visit the website, [MissionCentered.org](http://MissionCentered.org).

**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 goals of the Certificate Program** in Christian Formation and Spiritual Direction are to help the participant

- 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; and
- To participate in a creative partnership among Christian spiritual directors in Idaho and surrounding states for on-going personal and ministerial development.

### Certificate Program Events and Dates

**Year One** focuses on Christian formation and an introduction to the art of spiritual direction]

January 19—22, 2011	Class in Spiritual Formation, Weds. evening thru Sat. noon
March 16—19, 2011	Class/training continued, Weds. evening thru Sat. noon
June 22-25, 2011	Class/training continued, Weds. evening thru Sat. noon
Sept. 28—Oct. 1, 2011	Class/training continued, Weds. evening thru Sat. noon
By arrangement	Monthly individual Quiet Days
By arrangement	Monthly individual meetings with a spiritual director

**Year Two** for those continuing, focuses on practical training in spiritual direction

January 18—21, 2012	Class/training continued, Weds. evening thru Sat. noon
May 16—19, 2012	Class/training continued, Weds. evening thru Sat. noon
Sept. 18—21, 2012	Class/Training continued, Wed evening thru Sat. noon
January 2013 TBA	Class/training continued, Wed evening thru Sat. noon
By arrangement	Monthly meetings with spiritual director, Quiet Days
By arrangement	Monthly peer supervision for direction given

## Costs:

- **Tuition**

Instructional cost for the two-year program is \$1,700 for Year 1 and \$1,900 for Year 2. **Included in the cost:** 12 days/yr. of instruction and practicum in a retreat setting, faculty resources, administrative costs, reprints and other materials. In the second year, the cost of monthly supervision is included.

**Not included** are costs for transportation, meals, and lodging. Also not included are fees for personal spiritual direction and monthly quiet days.

- **Meals:**

All participants will pay \$275 per year for meals, beverages, and snacks at Nazareth/St. Paul Student Center, Boise, ID. Every effort will be made to accommodate special dietary needs through prior arrangement.

- **Lodging**

Lodging is available for those who wish to stay at the Retreat Center; the cost is \$25/night (semi-private) or \$35/night (private). Local motels are available at a higher cost. Some accommodations may be available in the homes of local participants.

**Prerequisites:** Admission is open to individuals—lay or clergy—from all Christian traditions who have: 1) a bachelor's degree or its equivalent [a demonstrable knowledge of Scripture and theology]. 2) a pattern of engagement in ministry or service; 3) an established relationship with a spiritual director; and 4) are able to demonstrate that they have begun work on her/his spiritual autobiography.

**Requirements:** Admission to the program is granted when the following steps have been completed:

- A **completed application** submitted no later than **December 11, 2010**. *Earlier application is encouraged* because the size of a class is limited to 12 participants and may be closed before the deadline.
- An accompanying **statement describing 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 prompts].
- **Two letters of reference** [one pastoral and one personal]
- **An interview** with one of the Program Faculty, in person or by telephone.
- Once a person is admitted to the program, a \$50 (non-refundable) 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. Participation in the first session each year indicates a commitment to the entire year's program.

## Faculty

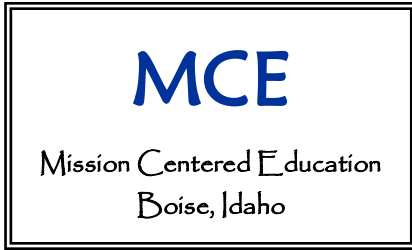
Peg Wuelfing, Ph.D., Director of Mission Centered Education, llc, is a lay ecclesial minister in the Roman Catholic Church, national speaker on curriculum and professional development, retreat master, spiritual director, and catechist.

Kathy McFaul has worked in Spirituality Ministry at the Benedictine Monastery of St. Gertrude for 9 years and continues to offer spiritual direction and to do retreat work there. Certified in spiritual direction through the Shalem Spiritual Guidance program in Bethesda, MD, Kathy has done parish work, practiced Poverty Law, and coordinated a women's spirituality project based in Seattle, Washington.

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.

**For more information or an application, contact:**

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



# APPLICATION FORM



## Certificate Program in Christian Formation and Spiritual Direction Boise, Idaho, 2011-2013

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

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

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

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

### Attach the following to this application:

- A statement detailing your work experience, educational background, the landmarks in your journey in faith (evidence of having begun your spiritual autobiography) , and your experience of receiving and/or providing spiritual companioning 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.

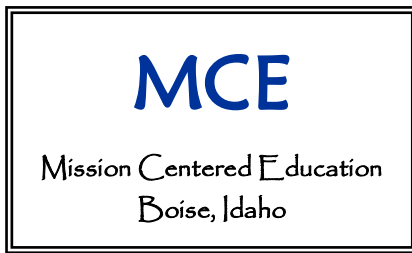
Tuition is for Year 1 is \$1,700 (plus \$275 for meals); tuition for Year 2 is \$1,900, including supervision (plus \$275 meals).; This covers 12 days of instruction and practicum in a retreat setting, faculty resources, administrative costs, reprints and other materials. Not included are costs for transportation, 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. Participation in the first session each year indicates a commitment to the entire year’s program.

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



## QUESTIONS



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

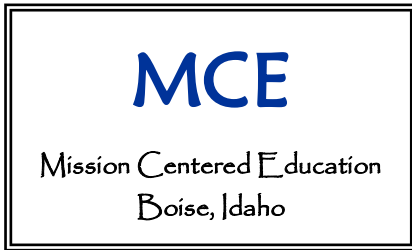
1. How would you describe your understanding of spiritual direction? What do you hope to receive from this program? With whom or where do you expect to share what you learn?
2. How did you hear about this program?
3. Describe any steps or practices you have undertaken (*e.g.*, counseling, spiritual companionship 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) Respectful of 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, 2010—2012

[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 \_\_\_\_\_



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

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