



***Certificate Program in  
Christian Formation and Spiritual Direction  
2010-2011***

Offered in St. George Utah beginning in February 2010  
By Christian Formation & Direction Ministries in conjunction with its  
Utah Regional Network

**Christian Formation & Direction Ministries** [CFDM] is a non-profit Christian ministry incorporated in California in 1996. It's 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
- To develop a theology of Christian spirituality by drawing on and integrating insights from Scripture, theology, historical traditions, psychology and related fields
- To discover the richness of one's own spiritual tradition and the gifts and blessings of other traditions
- To learn about, and engage in, spiritual habits and practices that facilitate spiritual growth
- To grow in balancing prayer, study and service and in developing practical wisdom based on Scripture, tradition, reason, and experience
- 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 Utah and surrounding states. .

**Certificate Program Events and Dates**

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

February 10-13, 2010	Class in Spiritual Formation, Wednesday evening thru Saturday noon at Grace Episcopal Church in Saint George, Utah, with some events in Zion National Park.
May 5-8	Class/training continued, Wed evening thru Saturday noon...
August 4-7	Class in Spiritual Practices, Wed evening thru Saturday noon...
October 27-30	Class/training continued, Wed evening thru Saturday noon...
By arrangement	Monthly retreat Days
By arrangement	Monthly individual meetings with a spiritual director

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

May -4-6, 2011	Class/training continued, Wed evening thru Friday evening...
November 2-4	Class/training continued, Wed evening thru Friday evening, St. George or Springdale/Zion National Park
By arrangement	Regular meeting with one's spiritual director
TBD	Monthly supervision for direction given
By arrangement	Participation in a network of spiritual directors

## **Costs:**

Special pricing for this program offered at the home office of CFDM for the two-year program is \$3,000. In the first year, the \$1700 tuition covers 12 days of instruction and practicum in a church setting, refreshment/snacks and meals [breakfast, lunch, and all but one dinner], faculty resources, administrative costs, reprints and other materials. In the second year the \$1,300 tuition covers 6 days of instruction and practicum in a church setting, refreshment/snacks and meals [breakfast, lunch, and all but one dinner], faculty resources, administrative costs, reprints and other materials, and supervision in monthly group meetings for ongoing evaluation and training. Not included are costs for transportation, overnight accommodations, and fees, if any, for individual spiritual direction and monthly personal quiet days. A \$50 processing fee is due with application and \$300 is due at time of admission to the program [to reserve a place—space is limited] and remaining tuition for the Program is due in advance on a yearly, term, or quarterly basis, or by arrangement. Help with overnight accommodations will be provided; some events will be held in nearby national and state parks in Southern Utah.

## **Entry Requirements**

Admission is open to individuals [lay or clergy] from any Christian denomination or group who have a bachelor's degree or its equivalent and/or have training or demonstrable knowledge of Scripture and theology. Life experience is highly valued as is 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, 2009. Earlier application is encouraged because the size of a class is limited and may be closed before the deadline.
- A \$50 application fee, made out to CFDM-Utah
- A statement detailing educational background, work experience, Christian journey, involvement in church and Christian service, and interest in the program and in being a spiritual director.
- Two letters of reference [one pastoral and one personal]
- An interview with one of the Program Faculty/Staff

## **Faculty**

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

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

## **Additional faculty/staff—**

Faculty involved in CFDM training programs in the Western United States

Members of the Utah Coordinating Team—

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

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**  
**Certificate Program in Christian Formation and Spiritual Direction**  
**at Grace Episcopal Church in St. George, Utah, 2010-2011**

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

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

\_\_\_\_\_

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

Church connection: \_\_\_\_\_

**Attach the following to this application:**

- A statement detailing educational background, work experience, Christian journey, involvement in church and Christian service, and interest in the program and in becoming a spiritual director—see questions on the next page of this form.
- Two letters of reference [one pastoral and one personal]—see attached form
- A \$50 processing fee

Upon receipt of application you will be contacted for an interview.

Note: Admission is open to individuals [lay or clergy] from any Christian denomination or group who has a bachelor's degree or its equivalent and/or has training or demonstrable knowledge of Scripture and theology. Life experience is highly valued as is awareness of a potential call to be a spiritual director. Admission to the program is granted by the Admissions Committee [composed of Faculty and Staff of the Certificate Program] following receipt of a completed application and an interview with one or more members of the Admissions Committee.

**Tuition:** Special pricing for this program offered at the home office of CFDM for the two-year program is \$3,000. In the first year, the \$1700 tuition covers 12 days of instruction and practicum in a church setting, refreshment/snacks and meals [breakfast, lunch, and all but one dinner], faculty resources, administrative costs, reprints and other materials. In the second year the \$1,300 tuition covers 6 days of instruction and practicum in a church setting, refreshment/snacks and meals [breakfast, lunch, and all but one dinner], faculty resources, administrative costs, reprints and other materials, and supervision in monthly group meetings for ongoing evaluation and training. Not included are costs for transportation, overnight accommodations, and fees, if any, for individual spiritual direction and monthly personal quiet days. A \$50 processing fee is due with application and \$300 is due at time of admission to the program [to reserve a place—space is limited] and the remaining tuition for the Program is due in advance on a yearly, term, or quarterly basis, or by arrangement. Help with overnight accommodations will be provided; some events will be held in nearby national and state parks in Southern Utah.

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

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

Send completed applications to Douglas Gregg, [dgregg@cfdm.org](mailto:dgregg@cfdm.org) or by surface mail to Douglas Gregg, 112 Serendipity Lane, P.O. Box 27, Springdale, UT 84767

## **Questions to consider in completing your personal statement as part of the application process**

1. How would you describe your understanding of spiritual direction?
2. Do you have, or have you ever had, a spiritual director. If so, for how long? What has been your experience and what has been most helpful to you in this relationship?
3. Have you ever had any spiritual formation or spiritual direction training? If so, please describe.
4. Do you have any theological training (i.e. seminary, bible school, courses, workshops)? Please be specific.
5. How/where did you find out about this program in spiritual formation and direction?
6. What do you hope to receive from this program?
7. Besides the goal of becoming a spiritual director, what is going on internally within you that is leading you to seek out spiritual formation and direction training?
8. If you are married, describe your spouse's response to your desire to be in this program.
9. Describe your spiritual journey and your relationship with God at this time.
10. What do you see as your strengths? Weaknesses?
11. Describe any steps you have taken or experiences you explore (i.e. counseling, spiritual direction, journaling, group work, etc.) to pursue emotional health and growth.
12. We believe it is God's desire that individuals not only grow in experiential knowledge of God but also in experiential knowledge of self. Therefore, one main focus of this program will to take an in-depth and very honest look at yourself and your life – your relationship with God, your relationship with others, your giftings, strengths, weaknesses, woundings, addictions, etc. What is your response within as you read the above statement about this program?



**Certificate Program in Christian Formation and Spiritual Direction**  
**2010-2011 Recommendation Form**  
[make copies as needed]

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

When completed email this form to [dgregg@cfdm.org](mailto:dgregg@cfdm.org) or by surface mail to Douglas Gregg, P.O. Box 27, Springdale, UT 84767

The above-named applicant has applied for admission to our two-year training program in Christian Formation and Spiritual 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 \_\_\_\_\_

