

**DOMINICAN  
CENTER  
AT  
MARYWOOD**  
A Ministry of the  
Dominican Sisters ~ Grand Rapids  
2025 East Fulton Street  
Grand Rapids, MI 49503-3895

# Spiritual Formation Program

*Preparing:  
Spiritual Friends  
Spiritual Directors  
Spiritual Companions*



*for a Global Community*

*Program Site*  
MERCY CENTER  
29000 ELEVEN MILE RD.  
FARMINGTON HILLS, MICHIGAN 48336

*Accredited by*  
AQUINAS COLLEGE  
GRAND RAPIDS, MICHIGAN  
AND  
A P.R.I.M.E. RELATIONSHIP WITH  
GRADUATE THEOLOGICAL FOUNDATION  
SOUTH BEND, INDIANA

**DOMINICAN  
CENTER  
AT  
MARYWOOD** 2025 East Fulton Street  
Grand Rapids, MI 49503  
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www.dominicancenter.com

Nonprofit  
Organization  
U.S. POSTAGE  
PAID  
Grand Rapids, MI  
Permit no. 451

## VISION

We are created with the capacity to seek and to find God. Spirituality is the totality of our responses to this perceived call of God. Spirituality is integrated into the whole complexity of human life.

## PURPOSE

- To increase knowledge of theology, history and literature of the mystics
- To nurture one's own faith and to aid in the process of spiritual formation
- To enter into an active discernment process of the call to spiritual companionship or the ministry of spiritual direction.
- To follow the lead of the Spiritual Mentors - saints, mystics and spiritual teachers of the Christian Tradition - and the invitation of the Dominican Family over the centuries, to receive and soak in the Word of God allowing God the Holy Spirit to bring forth fruits so that all, everyone and everything, is drawn to God through the Holy Preaching.

## FOUNDATIONS OF SPIRITUALITY PROGRAM DETAILS

*Foundations* is a serious reflective study of the saints and great spiritual teachers of the Christian tradition, the practice of contemplative prayer and the writing of and living of a personal *Rule of Life*. *Foundations* may be taken on its own and not as part of the entire three-phase program. Presenters are local, regional and national professional ministers chosen not only for their academic background but because they live the spirituality they teach.

### DOCTOR OF MINISTRY IN SPIRITUAL DIRECTION DEGREE

Dominican Center is a P.R.I.M.E. (Partnering Resources in Ministry Education) relationship with the Graduate Theological Foundation in South Bend, Indiana. All work taken in the Spiritual Formation Program at DCM will earn credit towards Foundation D.Min. degrees in spirituality, spiritual direction, and pastoral care.

www.gtfeducation.org

## DESIGNED FOR

Some preparation programs train people for work or ministry by giving them the skills and practices to manage the external realities.

Dominican Center at Marywood's Spiritual Formation Program prepares people with skills and contemplative practices for tending the inner journey.

*... transformation of the person  
for transformation of the world ...*

The program will especially benefit people for whom spiritual guidance or spiritual friendship and companionship are auxiliary or new to their ministry: ministers, pastors, pastoral ministers, pastoral care chaplains, mental health workers, campus ministers, nursing and medical professionals, religious education directors, parish visitation volunteers, and R.C.I.A. team members, many of whom have received ministry training but wish to deepen and grow in their interior freedom and oneness with God.

## PLEASE NOTE:

*Foundations* is required to continue the Practicum and/or Companionship. (Some exceptions are made where there is an adequate foundational background - M.A. in Spirituality or Theology.)

### Aquinas College

*for credit,  
please contact Diane Zerfas, OP at  
1-800-253-7343, ext. 356 or 616-643-0356  
by August 10, 2009.*

**Arrangements for credit cannot be  
made once the program begins.**

Foundations: 3 credits.  
2-year Practicum: 3 credits.

*Additional cost:*  
Undergraduate: \$214 per credit.  
Graduate: \$240 per credit.

## FOUNDATIONS IN SPIRITUALITY

**For those going on to the Practicum or Companionship:**  
The components of Foundations are woven throughout the other programs and integrated into the entire program.

### Requirements:

- attendance at all sessions
- participation in individual or group spiritual direction
- *Rule of Life*
- a directed retreat during the year
- preparation of readings/reflections for each session
- final written paper exploring your relationship with God through our ancestors in Faith

### Foundations of Spirituality Schedule:

FRIDAY SESSIONS 9:30 a.m. - 4:30 p.m.

#### August 28, 2009 \*9:00 a.m. - 4:30 p.m.

- The Christian Journey
- Biblical Spirituality

#### September 11, 2009

- St. Anthony & Desert Spirituality
- Prayer and the Spiritual Journey

#### October 9, 2009

- St. Augustine of Hippo
- Rule of St. Benedict & St. Scholastica

#### November 6, 2009

- St. Francis of Assisi & St. Clare
- Meister Eckhart, OP & Catherine of Siena, OP

#### December 4, 2009

- The Beguines: Women's Movement of the Middle Ages (Full Day)

#### January 8, 2010

- The Cloud of Unknowing
- Ignatian Spirituality

#### February 5, 2010

- Prayer and Discernment
- John Calvin and Reformed Spirituality

#### March 5, 2010

- St. Teresa of Avila & Integrating the Journey
- St. John of the Cross

#### April 9, 2010

- John Wesley
- Catherine McAuley

#### May 7, 2010

- Thomas Merton & Closing

\*First class ONLY - 9:00 a.m. - 4:30 p.m.

## PREPARING SPIRITUAL DIRECTORS

This practicum consists of two years during which participants engage in the practice of spiritual direction while participating in both peer group and individual spiritual direction mentoring.

Associate Directors participate in integration papers/projects, spiritual friends conversations and contemplative prayer practice. Modules over the two years are: The Contemplative Nature of Spiritual Direction; Christian Discernment in the Contemplative Tradition; Human Identity and the Spiritual Formation Process.

The formation process/education of spiritual directors is approached from within the context of classical and contemporary contemplative tradition drawing from a variety of Christian spiritualities.

### THE PRACTICUM IS ONLY OFFERED AT TWO SITES: TOLEDO, OHIO AND GRAND RAPIDS, MICHIGAN.

### Requirements:

- Rooted in a faith tradition
- Willingness to reflect on personal experience and participate in practicum
- Basic foundation in Spirituality, Theology, Scripture, Psychology, and/or B.A. degree
- Experience as a directee in individual or group spiritual direction for 1-2 years
- Recommendations by others for the ministry of spiritual direction
- Already sought out by others for this ministry
- Annual Directed Retreat

### PROGRAM FEES:

#### Foundations:

\$600.00 (includes a \$50.00 non-refundable deposit with registration) includes handouts. Balance of \$550.00 due at first session. (Book of Readings \$100.00 and Texts approx \$35.00)

#### Spiritual Direction Practicum:

\$2000.00 each year, includes lunch.

#### Spiritual Companionship Program:

\$575.00 each year.

*Quarterly payments may be arranged: Sept., Nov., Feb., May.*

## PREPARING SPIRITUAL COMPANIONS

This program consists of one or two additional years of twelve sessions each year. Sessions consist of peer group, spiritual friends conversation, systems theory and worldview exploration as they impact personal and social transformation.

Spiritual companions are not trained spiritual directors. Companions listen to one another and affirm one another's experiences in daily life. Neither lays claim in any given moment to greater knowledge of wisdom than the other (even though one might have it). They pray together and share faith. Spiritual companionship arises out of one's baptismal/faith commitment. This pastoral program is for persons in all walks of life who desire to hone their ability to companion others on the journey. One need not be in a professional ministry to participate. There are written papers/projects and assigned readings.

### TWELVE 3-HOUR SESSIONS OFFERED BETWEEN SEPTEMBER & MAY

**Year 1:** Contemplation and Personal Transformation:  
Toward a Ministry of Presence

**Year 2:** Contemplation and Social Transformation:  
Toward a Ministry of Nonviolence

### Requirements:

- Commitment to regular prayer practice and reflection on being a spiritual companion to others
- Willingness to participate in all aspects of the program including written papers and Peer Group presentations
- Participation in personal companionship or spiritual direction relationship during the program
- Annual Directed Retreat

## SPIRITUAL FORMATION PROGRAM REGISTRATION

### Registration for the Spiritual Formation Program Foundations of Spirituality - Detroit

Please include a \$50.00 non-refundable deposit with registration. Make check payable to:  
**Dominican Center**  
Application Deadline: August 21, 2009

Name \_\_\_\_\_

Address \_\_\_\_\_

Email address \_\_\_\_\_

Phone (h) \_\_\_\_\_

Phone (w) \_\_\_\_\_

Method of Payment:

check  cash

Visa  MasterCard

Credit Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

### Mail or fax registration form to:

Dominican Center at Marywood  
2025 East Fulton  
Grand Rapids, MI 49503-3895  
Attn.: Linda Oosdyke  
Fax: 616-454-2861

### For more information, contact Renee at:

rdaniels@dominicancenter.com  
Toll free: 1-800-253-7343, ext. 162  
Phone: 616-643-0162