

# BASIC COURSE INFORMATION

## SC – SOUL COMPANIONING:

### *Introduction to Spiritual Direction*



#### COURSE DESCRIPTION

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The spiritual work of soul companioning 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

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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 companioning dynamics.

#### COURSE FORMAT

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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

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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.