

**THE BREAD OF LIFE INTERNSHIP  
IS A THREE-YEAR CYCLE THAT**

- focuses on the spiritual formation of the candidate
- in a context of depth community
- while building core competencies in the ministry of spiritual direction.

While grounded in Christian faith and practice, this program cultivates the capacity to listen for the movements of Spirit in whatever tradition or life arena they arise. See the FAQ's sheet for fuller descriptions of each year.

**YEAR 1**

*The Art of Opening to God*

**YEAR 2**

*The Art of Opening Sacred Story*

**YEAR 3**

*The Art of Spiritual Direction:  
Return to the World*

Applications are available by download from our site at [www.breadoflife.org](http://www.breadoflife.org) or by request. Due by March 15, 2010.

*Bread of Life*



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*Exploring and Deepening Spiritual and Creative Life*

**Bread of Life**

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[WWW.BREADOFLIFE.ORG](http://WWW.BREADOFLIFE.ORG)

**INTERNSHIP  
IN THE  
ART OF  
SPIRITUAL  
DIRECTION**

2010-2013

I have pursued – and received – two advanced degrees and this is far and away the best learning experience I've ever had... and although I've received supervision as a Marriage & Family Therapist, I have never had supervision of this quality. It has been enormously helpful in working with directees...  
Tanda Ainsworth

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**SOME TOPICS**

- Listening for the sacred in everyday life
- Cultivating a contemplative attitude and the dialogic stance of engagement
- Adult development and spiritual unfolding
- Identifying the human experience of God
- Noticing key interior movements, their genesis and resulting fruits
- Beginning spiritual direction
- Supervision
- Listening to another's prayer; maturation of prayer across time
- Listening to & discerning the experience of individuals and groups across life arenas
- Sexuality, spirituality & gender in spiritual direction
- Practice of social discernment
- Human experience of otherness/the Other and the margin
- Ethical issues and ministry
- Psychological dimensions in spiritual direction
- Discernment of spirits & resistance

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**THE FACULTY**

We have an excellent, seasoned, ecumenical staff with years of experience as spiritual directors, supervisors, and as trainers of spiritual directors: Sandra Lommasson, Jim Neafsey, and Jim Peterson. We anticipate a fourth faculty member. See FAQ sheet for brief bios.

**WHEN?**

Each 9-month cycle begins in September and goes through May. Dates for year 1 include two full weekend retreats and 7 Saturdays from 9:00 - 4:00

**DATES FOR 2010-2011**

September 10-12, 2010; October 9; November 13; December 11; January 8, 2011; February 11-13 (probable); March 12; April 9; May 14.

**WHERE?**

Bread of Life, 650 El Camino Boulevard in Sacramento, CA.

**COST**

About \$2250 per year. Includes retreats, mentoring and supervision costs. Does not include your own ongoing spiritual direction or books.

We trust that the Mystery we call God is fully present in any and all human experience and believe that our human vocation is waking up to the truth and grace of that Presence.

Spiritual direction attends to that awakening by encouraging partnership with the Spirit's ongoing work of transformation in persons, communities and in our world. Cultivating a contemplative attitude and attending to the building of community are necessary to the practice, and so we evoke these elements through:



- A combination of weekend retreats and monthly Saturdays designed for the spaciousness needed to take 'a long, loving look at the real' together.
- An integrative and holistic approach that encompasses the whole human soul - body, mind, heart and spirit - evoking both breadth and depth in life and experience of God.
- Practice of ongoing personal self-reflection and corporate contemplative dialogue
- Inclusion of the program components recommended by the peer community of Spiritual Directors International: theological foundations, psychological perspectives, discernment, practicum, supervision.

## Year 1: The Art of Opening to God

Year One provides the essential foundation of personal spiritual formation within a committed community of practice. The focus on developing the contemplative attitude and depth relationship with God manifests in all areas of life as the essential underpinning of ministry. This includes:

- Waking up to my sacred story and the sacred stories of others
- Exploring how God is present and active in all dimensions of life
- Developing a contemplative attitude and skills of deep listening to my own and others' experience
- Asking two key questions: Who is the Holy for me now? Who am I becoming in my relationship to the Holy right now?



Your love, concern, challenge, encouragement, gentle touch, passion and hope... have made my life rich and new... Thank you.

Rev. Jeff Mitchell

## Core Activities and Processes

**Listening** to my own and other's experience

**Telling** my experience in a variety of ways

**Practicing** a variety of forms of prayer, reflection, journaling, art work, etc. both in and between meetings

**Integrating** content with life experience through mind, body, heart and imagination.

**Participating** in intensive small group work with an assigned mentor; quadrad practice in years 2 & 3.

**Serving** as a director-in-training in years 2 & 3

**Receiving monthly supervision** in years 2 & 3

**Discerning** enrollment in each successive year with the mentor team.

## Year 2: The Art of Opening Sacred Story

This second year builds on Year I, drawing interns into the deeper waters of personal formation and introducing them to the theory and practice of spiritual direction. The framework we use for deep listening is the four-fold pattern of spiritual movement called Quadratos.

**TOPICS INCLUDE:** discernment, development of prayer, spiritual development, the breadth of the journey, and the role of the director. Supervised quadrad practice begins. By mid-year interns meet monthly with two directees and begin monthly supervision.

## Year 3: The Art of Spiritual Direction: Re-Turn to the World

The third year expands and deepens the theoretical and practical experience of spiritual direction and includes the ongoing practicum, monthly spiritual direction with three directees, and monthly supervision. The focus is on the integration of personal formation with service as a compassionate, evocative, witnessing presence to another's deepening relationship in God.

**TOPICS INCLUDE:** psycho-sexual dimensions; experience of the Other; the movement of Spirit across traditions; social discernment, and ethical dimensions of practice.

I did not recognize when I started how much personal transformation would take place. This program is not for the faint of heart! You have provided a space where I can meet my deepest self... I have learned spiritual courage."

Colleen Soracco