

**A TIME OF SABBATH RENEWAL  
For Pastors and CLM's**



The Center for Spiritual Formation is offering a series of Sabbath Retreats, designed especially for clergy and CLMs who are serving churches. We gather at Orchard Hill in Millerstown at 9 a.m. for worship and a time of exploring the Word together, as partners on the journey with Jesus. Following lunch, a guided activity will be offered in which you may participate. Or, you may use the afternoon for hiking our trails, walking the Labyrinth, or taking a much-needed nap! We regather at 3:30 for sharing and communion before leaving at 4:30. Come for each Sabbath or select a few. 0.5 CEU's per session. COST is \$25 per session. *Bring a bag lunch!*

*Tuesday, May 14, Jan Hughes  
Tuesday, June 4, Ron Swift  
Tuesday, July 23*

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**Sabbath Renewal**

\$25 – .5 CEU per session

**Name:** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Address:** \_\_\_\_\_ **E-mail** \_\_\_\_\_

**Sessions:** \_\_\_\_\_

Return to The Center For Spiritual Formation, Inc., 45 S. West St, Carlisle, 17013 or  
**Register Online:** [www.centerformation.org](http://www.centerformation.org) Questions? [centerformation1@gmail.com](mailto:centerformation1@gmail.com)  
or 717-249-1512 x249.





# The Ministry of Spiritual Direction

**The Center For Spiritual Formation, Inc., 45 South West Street, Carlisle, PA, 17013**  
Affiliated with the Susquehanna Conference of the United Methodist Church, 303 Mulberry Drive, Mechanicsburg, PA 17050



## THE MINISTRY OF SPIRITUAL DIRECTION

TEL: 717-249-1512 x249 email: [CenterFormation1@gmail.com](mailto:CenterFormation1@gmail.com) Website: [www.centerformation.org](http://www.centerformation.org)

The Ministry of Spiritual Direction program is a two-year training course which assists laity and clergy to sharpen their listening skills, clarify their graces, and acquire the disciplines essential to caring for souls in love.

**YEAR ONE** focuses on the history, traditions & models, Biblical roots & theological foundations of Spiritual Direction. It stresses the difference between psychological counseling and Spiritual Direction, and demonstrates a contemplative approach to God.

**YEAR TWO** focuses on the actual practice of Spiritual Direction: developing listening & assessment skills; becoming familiar with displacement and projection, transference & counter-transference; acquiring a working knowledge of the life-stages of faith development; cultivating an increased awareness of the power of prayer & healing; and learning the importance of supervision.

### ***The Ministry of Spiritual Direction will:***

- ❖ Provide basic instruction in sensitivity toward, & insight into the workings of the Holy Spirit;
- ❖ Advocate the need for a greater connectedness between the inner life of the Spirit and the outer life of faithfulness to the Spirit's direction;
- ❖ Facilitate a deepening prayer life & a greater contentment with silence & solitude;
- ❖ Equip trainees to deal with strong emotions, and maintain relationships over time;
- ❖ Require trainees to undergo Spiritual Direction & aid them in accepting personal weaknesses as the basis for compassion.

**Visit the Center's website for times & dates—keyword "Spiritual Direction."**