

## HSSD CALENDAR 2022 – WEEK I (Jan. 30-Feb. 4) – Introduction to Spiritual Direction

Arrival Jan. 30	Monday	Tuesday	Wednesday	Thursday	Friday
Time	Jan. 31	Feb. 1	Feb. 2	Feb. 3	Feb. 4
Support Staff	Tran/Murrieta				
9:15-10:15	Intro to the Hesychia School of Spiritual Direction – RRC Staff, <i>L Morrison, P Grile</i>	Theology for SD – <i>P Grile</i>	Direction Session I – <i>D Giles, L Morrison, C Lehman</i>	Non-violent Communication in Spiritual Direction – <i>C Lehman</i>	The Way of the Spiritual/faith Journey – <i>D Giles</i>
10:15-10:30	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
10:30-11:45	Continued	Distinguishing SD from Other Helping Relationships- <i>Giles</i>	Continued	Continued	Continued
12:00-1:30	<i>Lunch + Free Time</i>	<i>Lunch + Free Time</i>	<i>Lunch + Free Time</i>	<i>Lunch + Free Time</i>	<i>Lunch + Free Time</i>
1:30-3:00	Introduction to Contemplative Spiritual Direction – <i>C Lehman</i>	Desert Spirituality – <i>D Denny</i>	Attending & Responding Skills – <i>S McArthur</i>	Practicum Small Groups (PSG) – <i>L Morison, D Giles</i>	Desert day of prayer (until Sat noon)*
3:00-3:15	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
3:15-5:00	Reading Triads – <i>P Grile, L Morrison, C Lehman</i>	Openings and Blocks – <i>S McArthur</i>	Continued	PSG	<i>Schedule below</i>
5:00-6:00	<i>Break, informal networking, dinner</i>	<i>Break, informal networking, dinner</i>	<i>Break, informal networking, dinner</i>	<i>Break, informal networking, dinner</i>	
Evening	<i>Free</i>	<i>Free</i>	<i>Free</i>	<i>Free</i>	<i>Free</i>

## HSSD CALENDAR 2022 – WEEK II (Feb. 7-11) – Spiritual Guidance in Many Traditions

	Monday	Tuesday	Wednesday	Thursday	Friday
Time	Feb.7	Feb. 8	Feb. 9	Feb. 10	Feb. 11
Support Staff	Tran/Murrieta				
9:15-10:15	SD in Multi-Faith/Religious Context and Christian Tradition – <i>M Wildner-Bassett</i>	Panel Discussion on SD Questions in Multi-Faith/Religious Context - <i>S McArthur</i>	Living in Transition – The Transition Journey – Forgiveness – <i>F Williams</i>	Introduction to Discernment – <i>T Blythe</i>	Putting It All Together – <i>P Grile, L Morrison</i>
10:15-10:30	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
10:30-11:45	Spiritual Direction with People of Color – <i>M Nutt</i>	Continued <i>M Pellegrino</i> <i>H Cohn</i> <i>A Nadir</i>	Continued	Continued	Invitation to Personal Questions, Reflections with Program Leaders
12:00-1:30	<i>Lunch + Free Time</i>	<i>Lunch + Free Time</i>	<i>Lunch + Free Time</i>	<i>Lunch + Free Time</i>	<i>Lunch + Free Time</i>
1:30-3:00	Working with the Spiritual but not Religious – <i>C Lehman</i>	Direction Session II, <i>S McArthur, C Lehman, L Morrison</i>	SD with the Second Half of Life – <i>C Lehman</i>	12-Step Spirituality – <i>C Gillispie</i>	Week II ends at noon, please stay for lunch, safe travels
3:00-3:15	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
3:15-5:00	PSG -	PSG –	PSG –	PSG	
5:00-6:00	<i>Break, informal networking, dinner</i>	<i>Break, informal networking, dinner</i>	<i>Break, informal networking, dinner</i>	<i>Break, informal networking, dinner</i>	
Evenings	<i>Free</i>	<i>Free</i>	<i>Free</i>	<i>Free</i>	<i>Free</i>

### HSSD CALENDAR 2022 – WEEK III (March 27-April 1) – SD and Human Experience

Arrival March 27	Monday	Tuesday	Wednesday	Thursday	Friday
Time	March 28	March 29	March 30	March 31	April 1
Support Staff	Tran/Murrieta				
9:15-10:15	Images in Spiritual Direction - <i>C Lehman</i>	Working with Trauma Survivors in SD – <i>C Hawks</i>	Some Common Themes in SD – <i>D Giles</i>	Basic Psychology for SD, Boundaries, Transference – <i>D Giles</i>	Clearness Committee - <i>S McArthur</i>
10:15-10:30	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
10:30-11:45	Continued	Continued	Continued	Continued	Continued
12:00-1:30	<i>Lunch + Free Time</i>	<i>Lunch + Free Time</i>	<i>Lunch + Free Time</i>	<i>Lunch + Free Time</i>	<i>Lunch + Free Time</i>
1:30-3:00	Supervision - <i>C Lehman/L Morrison</i>	Writing as Spiritual Practice – <i>S McArthur</i>	Invitation in Resistance – <i>D Giles</i>	Grief Work in Spiritual Direction – <i>L Morrison</i>	Desert Day of Prayer*
3:00-3:15	<i>Break</i>		<i>Break</i>	<i>Break</i>	<i>Break</i>
3:15-5:00	PSG -	PSG –	PSG -	PSG –	
5:00-6:00	<i>Break, informal networking, dinner</i>	<i>Break, informal networking, dinner</i>	<i>Break, informal networking, dinner</i>	<i>Break, informal networking, dinner</i>	
Evening	<i>Free</i>	<i>Free</i>	<i>Free</i>	<i>Free</i>	<i>Have a great weekend</i>

## HSSD CALENDAR 2022 – WEEK IV (April 4-8) – The Practice of Spiritual Direction

	Monday	Tuesday	Wednesday	Thursday	Friday
Time	April 4	April 5	April 6	April 7	April 8
Support Staff	Tran/Murrieta				
9:15-10:15	Code of Ethics – <i>C Lehman</i>	The Mind- body-spirit Connection – <i>N Korshak</i>	Gender Fluidity and SD – <i>D Franklin- Hicks</i>	SD with LGBTQ – <i>G Wiest</i>	10:00 a.m. Graduation Ceremony – Grile and All
10:15-10:30	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
10:30-11:45	Continued	Continued	Continued	Continued	THE END: 2022 Hesychia
12:00-1:30	<i>Lunch + Free Time</i>	<i>Lunch + Free Time</i>	<i>Lunch + Free Time</i>	<i>Lunch + Free Time</i>	<i>Lunch + Free Time</i>
1:30-3:00	Self-care for the Spiritual Director – <i>L Morrison</i>	Setting up a Spiritual Direction Practice – <i>L Lies</i>	Group Spiritual Direction – <i>S McArthur</i>	PSG –	
3:00-3:15	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
3:15-5:00	PSG –	PSG –	PSG –	Roundtable - <i>All</i> -- Open Forum	
5:00-6:00	<i>Break, informal networking, dinner</i>	<i>Break, informal networking, dinner</i>	<i>Break, informal networking, dinner</i>	<i>Break, informal networking, dinner</i>	
Evening	<i>Free</i>	<i>Free</i>	<i>Free</i>	<i>Free</i>	

## **HSSD Desert Day of Prayer**

**Retreat Directors – Shirin McArthur, Cheryl Lehman, Pat Grile**

- **Friday, April 1**

- 1:00-3:00 p.m. Rest (Nap)
- 3:00-4:15 p.m. *Embodied Prayer – S McArthur*
- 4:30-5:45 p.m. Private time in silence (Labyrinth walk, Drawing/Painting/collage-making/Dawn or dusk slow walk/ Stations of the Cross walk/Sitting in a garden or chapel, Watching birds, Creative writing)
- 6:00 p.m. Dinner
- 7:00 p.m. Private time in silence (Reflection/Journaling/ Stargazing - telescope available) – Retiring for the night

**Saturday, Saturday, April 2**

- 9:00-10:00 a.m. *Welcoming Prayer - C Lehman*
- 10:15-11:00 a.m. Private time in silence
- 11:15-11:50 a.m. Sharing, Concluding Chanting (with recorded music) *P Grile*
- 12:00 p.m. Lunch