

**Let the Desert Speak
to your Longing**

*Every year people from all walks of life gather
at the Redemptorist
Renewal Center at Picture Rocks
to be formed and trained
as spiritual directors.*

*Our four week program changes lives and
equips our participants to help others come
alive to the Holy.*

*The word hesychia means
inner stillness and holy silence.*

*Does your heart long for hesychia?
If so, contact us today.*



The Redemptorist Renewal Center
7101 W. Picture Rocks Rd.
Tucson, AZ 85743-9645

The Hesychia School of Spiritual Direction

A featured program of the Redemptorist
Renewal Center at Picture Rocks, Tucson, AZ



Preparing spiritual directors to
serve the growing numbers of
women and men who, from all
walks of life and all religious
traditions, seek the guidance of
the Spirit.

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**Hesychia School of Spiritual Direction
(HSSD)
Class—Syllabus**

Introduction to Contemplative SD

A contemplative approach to spiritual direction is, at its core, learning to be present with – and for – another from our contemplative center. The director offers an open undefended presence and values the art of deep listening with the ears of the heart. We will explore the hallmarks of contemplative spiritual direction as the directee is companioned to open to the mystery of God, experience the sacredness of the present moment, nurture the inner silence and spaciousness where the true self is in communion with God, and invites living in union with God/Holy Love/the Divine and all that exists.

Theology for Spiritual Direction

In a theology, we study the nature of the Divine and broadly speaking our religious belief. We study systematically the focus of our relationship with God. In spiritual direction, we specifically study our personal relationship with God. In this class we will explore how theology is linked to spiritual direction.

Distinguishing SD > Other Helping Relationships

While counseling helps us work through or resolve problems in our lives and relationships, spiritual direction is about the spiritual life, our relationship with God and the movement of the Holy Spirit in our lives. This presentation will unravel the understanding or misunderstanding of the various helping disciplines.

Desert Spirituality

This class will be about the Sonoran Desert and the history of desert spirituality. We will explore the importance of our location and our indebtedness to the desert fathers and mothers and what the contemplative tradition of spiritual direction and *hesychia* are all about.

Openings and Blocks

This class focuses on the concepts and the terminology we use for the movements of the Spirit in spiritual direction. Openings are those moments where it appears the Spirit is breaking something open; Blocks are those moments when spiritual directors inadvertently get in the way of what the Spirit is doing or lead the session “off track.”

Spiritual Direction Session

We bring in an experienced spiritual director and a person who has agreed to be the directee for you to observe a real session in action. Time for observations and reflection is included.

Non-Violent Communication in SD

Marshall Goldberg’s NVC (Non-Violent Communication) concepts translate well to spiritual direction. We will briefly explore the four components of non-violent communication and what it takes to practice NVC in spiritual direction. This class will invite the director to become aware of communication styles that block contemplative presence and listening.

Practicum Small Groups (PSG)

Students will have the opportunity to practice spiritual direction, alternating as a director; or a directee, while other students participate as observers.

SD in Multi-Faith/Religious Context, and Christian Tradition

What does it mean to do spiritual guidance work in a multi-faith world? This class helps you prepare for the presentations you will receive in the week-long exploration of spiritual guidance in many traditions.

The Mind-Body-Spirit Connection

In the quest for wholeness, we must pay attention to all of who we are—mind, body and spirit. This class will help us learn to relax our body and listen to our body so that our mind, body and spirit may come into alignment.

Description

The Hesychia School is an ecumenical and interfaith program designed to provide resources and support for the ministry of spiritual guidance, and to encourage the deepening of the spiritual life of participants. The program focuses on the ancient Christian practice of spiritual direction, adapted and revised for our time.

The heart of the program is contemplative, emphasizing the importance of spiritual study, discernment, and prayer. Its focus is on the experience of a person's relationship with God, and on fostering this relationship as the foundation of one's life.

The four-week program is offered in spring each year.

Each class is comprised of lay people, clergy, vowed religious, and professionals from a wide variety of vocation and faith traditions. We expect that applicants will have some experience in receiving spiritual guidance, and will have the maturity and life experience necessary for this ministry.

Deadline for all application (application and 2 recommendations) is December prior to Week One of the program you wish to attend.

Cost

See our website: www.desertrenewal.org

A \$150 deposit is required to complete your application. *Price subject to change.

Hesychia Dates for 2024 - 2027

Feb. 4-16, 2024	Weeks 1 and 2
April. 7-19, 2024	Weeks 3 and 4
Feb. 2-14, 2025	Weeks 1 and 2
March 30 - Apr. 11, 2025	Weeks 3 and 4
Feb 1-13, 2026	Weeks 1 and 2
March 29 - Apr. 10, 2026	Weeks 3 and 4
Jan. 31 - Feb. 12, 2027	Weeks 1 and 2
Mar. 28 - Apr. 9, 2027	Weeks 3 and 4

Deadline for all application material (application and 2 recommendations) is the Beginning of December prior to Week One of the program you wish to attend.



To Apply

By the end of the year prior to the start of Week 1, we must have your application and two recommendation forms. Download these forms at:

www.desertrenewal.org/hesychia-sd-school/
You may mail them or send them via email to Director@desertrenewal.org.

Once we have received all the forms and you are interviewed, you will be notified of acceptance by the director of the program, Fr. Stephen T. Rehrauer.

Contact Fr. Stephen if you have any questions about The Hesychia Program. He may be reached at: Director@desertrenewal.org
520-744-3400 X 7122

Spiritual Direction with African Americans

The Christian Church historically has a part in a legacy that has perpetuated and been complicit in racism. There is an urgent mandate to promote the dignity of all people regardless of their color. How do spiritual directors use the art of listening deeply with the ears of the heart to our brothers and sisters who experience the suffering and pain of racism, injustice, and inequality?

SD for the "Spiritual but not Religious"

Persons coming for spiritual direction might give voice to deep spiritual longings and existential questions without identifying with a particular religious tradition or framework. This class will provide important awareness, vocabulary, the "why" and "how" of inclusive spiritual direction / companioning for sincere seekers.

Panel Discussion on SD in Interreligious Context

This panel discussion aims to help students learn how to support people of various religious traditions on their spiritual journey. Three speakers from the Buddhist, Islam and Jewish traditions will briefly share the essential tenets of their particular religious tradition. They will address questions that pertain to spiritual direction and take questions from students.

Transition Journey, Forgiveness

Transition is the process of moving from one known state to an unknown state with an interval of uncertainty between. It is our personal response to a shift in the situations of our lives, physical, mental, emotional, environmental, social and spiritual. Transition is a journey or "pilgrimage" from ending (beginning), in between and new beginning. Each one of us traverse transitions differently, but the process can be a journey of healing and transformation. Forgiveness is one of the issues facing a person on the transition journey. It is one of the most difficult issues in our lives. As spiritual directors, we will often be companions as people confront issues surrounding forgiveness.

Principles of Spiritual Discernment

Discernment is one spiritual practice that brings many people to spiritual direction. It means "faithful choices," and there are many ways to help a person discern around their life choices. Principles from the Quaker and Ignatian traditions will be presented.

Hispanic Spirituality and SD

Latinos are now the largest minority group in the United States (35 million, or 12.5% of the total U.S. population). With that in mind, the presenter will explore Latino/Hispanic cultural and religious practices to get to an understanding of God and relationship with God, how spiritual practices are expressed in terms of right and wrong, popular religious practices, in relationship with family members, friends and the world.

Working with Images in SD

Art, nature, dreams, symbols, sculptures, poetry, etc. suggest myriad ways to connect to God. The spiritual director will expand their capacity to trust the Spirit's invitations in visual, auditory, and kinesthetic images.

Supervision of the Spiritual Director

Students will observe an actual supervision session (not role play) and will become familiar with the preparation for a supervision session and the importance of maintaining ongoing supervision with a supervisor or peer group. There will be an explanation of what supervision is, how it is done, and options for finding a supervisor .

Group Spiritual Direction

Several models of group spiritual direction are presented along with the benefits and challenges of each one. Practical guidelines are included.

Grief Work in Spiritual Direction

The presentation will provide tips for working with clients who are deeply in grief, suffering and inner pain.