

## Certificate in Spiritual Formation

## PARTICIPANT HANDBOOK

A Program in Partnership with Columbia Theological Seminary

Office of Continuing Education

Pittsburgh Theological Seminary 616 N Highland Ave Pittsburgh, PA 15206 Phone: 412-924-1345

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**Revised August 2020** 



## **TABLE OF CONTENTS**

An Introduction	3
Seminary Partnerships	4
Components of the Program	5
Frequently Asked Questions	6
Other Details	7
Potential Course Design	8
Immersion	9
Elective Courses	11
Guidelines for One-Paragraph Reflections	12
Guidelines for Ten-Page Reflection Papers	13
Practicum	14
Silent Retreat	19
Completion of the Certificate Program	20
Registration Form	21

#### ~ An Introduction ~

Over 30 years ago, American culture expressed a resurgence of interest in Christian spirituality. Today's theological climate continues to foster a growing interest in Christian spirituality, especially as men and women everywhere make serious inquiry into the nature, practice, and significance of a life in the Spirit of Christ. Christian spirituality explores our relationship with God and how it is initiated, affirmed, and nurtured. Spiritual development demands that we ask hard, ethical questions about the living of faith in a changing world.

In 2002, Pittsburgh Theological Seminary (PTS) established a non-degree certificate program in spiritual formation specifically for committed laypersons and church leaders who wish to learn more about Christianity's rich spiritual heritage and to help both themselves and others on their spiritual journeys. In collaboration with Columbia Theological Seminary, we continue to adapt the program to provide intentional learning opportunities for serious exploration of community-grounded spirituality that is rooted in Scripture, theology, and practice.

This handbook provides an overview of the current format of the program at PTS specific to the restrictive time of covid-19. It includes a discussion of the specific requirements for each phase of the Certificate, and information about registration, online access, and other logistical details. When PTS allows face-to-face gatherings again, we will resume offering in-person classes as well as offer some online electives. When circumstances allow for group travel again, we will re-evaluate returning a pilgrimage option to the certificate requirements. We will examine the program guidelines again at that time and determine what else may change. We value your input.

With the onset of covid-19, we are rigorously adapting the program to offer the same quality of experience in different formats. For the near future, we will offer all classes and experiences online. Please review the following pages of this handbook for specific details about the shift in the program and the revised requirements to earn a certificate.

#### **Restructuring of the Certificate Requirements**

- 1) We will offer all classes for the Spiritual Formation Certificate (SFC) online beginning in fall 2020. Requirements as of September 1, 2020 are:
  - Immersion, the foundational class required of all certificate participants;
  - A required class on the history of spirituality (counts as one of the six electives necessary for the certificate);
  - Six electives in three categories: Scripture, theology, and practice; and
  - Practicum designed by the participant in consult with the Office of

- Continuing Education (OCE); and
- Spiritual direction during the enrollment in the Certificate program. Our office can provide a list of directors for your consideration.
- A required 2-day, 1-night silent retreat.
- 2) For participants already enrolled in the program, contact the OCE to discuss the remaining requirements you need to complete the Certificate.
- 3) For participants joining the program after September 1, 2020, you will need to complete the requirements in Item #1 to earn the Certificate.
- 4) Pilgrimage will not be available, or required, for the Certificate until the world's health status allows for safe and wise planning.

#### **Benefits of the Program**

Participants in the Certificate program will gain a broad understanding of the Christian spiritual tradition and the various practices that have emerged from it. They will learn spiritual practices experientially and will develop skills for helping others in their growth. Finally, persons in this structured study experience will discover the relationship of Christian Spirituality to compassion, justice, and effective ministry.

**Tuition for Online Classes** (as of August 2020; these fees will be adjusted for future in-person classes due to catering and lodging.)

- \*In general, Immersion and Electives range between \$250 and \$300.
- \*Practicum \$300.00
- \*Spiritual Retreat \$100.00 tuition plus additional travel costs

#### **Seminary Partnerships**

Pittsburgh Theological Seminary and Columbia Theological Seminary have collaborated in the SFC Program for almost two decades. The benefits of partnership are many. We are able to consult with one another on future courses, pilgrimages, and trends in continuing education. In addition, participants may choose from a broader selection of elective classes.

When participants enter the program, they decide from which institution they wish to receive their Certificate. If, for example, a participant wishes to receive their Certificate in Spiritual Formation from PTS, they will register for the Immersion class held there. Application forms to enter the SFC program are available online (www.pts.edu/CE). Participants must take at least four electives at their home seminary and work with that institution to complete the requirements for the practicum and the silent retreat.

Class schedules are available on both Pittsburgh and Columbia's respective websites. Please register for your desired elective with the seminary that is hosting the course.

Students pay tuition costs to the hosting seminary; information regarding the course(s) and reading assignments will be obtained through that seminary; and reflection papers/final projects will be returned there.

Please note that it is the responsibility of the participant taking courses at the partner seminary to request a transfer of credit to their home seminary when all course work is complete. Ask the partner seminary to notify your home seminary that you have completed all requirements for that course.

#### **Components of the Program**

#### **Immersion**

This is the foundational course and a prerequisite for other courses. The class provides opportunities to reflect on one's spiritual journey and to develop resources for helping others on such a journey. Insights gleaned here will provide focus regarding each individual's strengths and weaknesses, helping participants to discern a structure for selecting future courses.

#### **Elective Courses** (6 courses)

Candidates are required to complete six elective courses. PTS usually offers three-four electives each year. The electives will examine spirituality from biblical, theological, historical, literary, social, doctrinal, and/or practical dimensions. Although the courses will be online, they will have varying presentation modes, i.e., synchronous, asynchronous, reverse classroom, etc. We hope to include an experiential dimension in each elective. The course structure will include lectures, small group discussions, prayer, and the practice of new insights and models. Participants may take up to two electives at Columbia Theological Seminary as part of this requirement.

Because the Program provides a foundational and balanced course of study in Christian Spiritual Formation, there is only one required class, "The History of Spirituality." This class counts as one of the six elective courses. The Program is flexible and allows seekers to discern which courses God may be inviting them to take, so that they may grow in their own spiritual life and be better equipped for the ministry to which God may be calling them.

#### **Practicum**

In this phase of the program, each student will conceive, design, conduct, and evaluate a practical act of ministry. The Practicum may include such projects as forming a small group for prayer, study, support, or outreach; leading a retreat; or teaching a school of prayer.

#### **Silent Retreat**

The final phase of the program is a two-day, one-night silent retreat. This time is to allow you to reflect on all that you have learned from the program, be listening for the still small voice of God, and to deepen your faith by spending time in prayer, reflection, and meditation. A list of retreat houses is available from the Office of Continuing Education but it is the participant's responsibility to arrange for retreat when it is convenient to them. Ideally, the participant would meet with a spiritual director prior to going into silence.

#### **Frequently Asked Questions**

- Q: Are there any prerequisites for beginning the Certificate Program?
- A: No, there are no prerequisites. It is necessary, however, that participants be able to read and write English. Each elective requires reading several books and/or articles. Students will need to provide a one-paragraph reflection for each required book at the beginning of the class.
- Q: Can I transfer other courses into the Certificate Program and get credit?
- A. Except in very unusual circumstances, we do not accept courses from other programs. While we encourage involvement with other programs whenever they benefit you, our partnership with Columbia Theological Seminary is a coordinated program of learning and spiritual formation intended to be experienced as an integral whole. In those rare cases when a course is accepted, we will charge a \$50.00 fee for credit in the Program.
- Q: When is tuition money due for the courses?
- A: Tuition is due when a participant registers for a course.
- Q: May I take these courses for academic credit?
- A: In general, we do not design SFC classes for academic credit. The electives provide a different kind of learning experience, e.g., in teaching style, evaluation, and course length. If you believe that a given Certificate class is appropriate for academic credit, make your own arrangements with your seminary or school's program.
- Q: Do I have to take all my courses at one location?
- A: No. You must take at least four of your electives, Practicum, and Silent Retreat at the same location as you did Immersion, i.e., your home seminary. You can take two electives through our partner, Columbia Theological Seminary.
- Q: How many people are there in each class?
- A: Classes have 15-20 participants. No class will exceed 20 participants.

- Q: How many classes may I take each year?
- A: We recommend that participants take two to three classes per year so that they can finish within four years. One may take more classes if their time and finances permit.
- Q: What if I need an extension on a final project/reflection paper?
- A: Submit requests for extensions to the instructor of the class **and** send a copy to the OCE (ConEd@pts.edu). Instructors are not required to grant extensions of more than one month. Please respect their commitment to PTS before making a request.
- Q: Can I continue to take courses even if I do not complete the papers?
- A: Yes. You may continue to take courses even if you do not complete the papers; however, we will give priority registration to those pursuing the Certificate.

#### **Other Details**

#### **Registration**

You can register for the all the required and elective courses in the SFC Program by going online (<a href="www.pts.edu/CE">www.pts.edu/CE</a>). If you experience difficulty using the online system, please E-mail <a href="mailto:ConEd@pts.edu">ConEd@pts.edu</a> or call 412-924-1345 for assistance. Students can pay fees with American Express, MasterCard, Visa, or Discover. It is the responsibility of each participant to pay all tuition costs at the time of registration.

Should a class be full, we will notify you and place your name on a wait-list. Details about required readings, schedule, etc. are available online (<a href="https://www.pts.edu/CE">www.pts.edu/CE</a>).

#### Cancellation

If you need to withdraw from a course you have registered for, please inform us by E-mail (ConEd@pts.edu). We will refund tuition payments in full up to two weeks prior to the course start date. Afterward, we will refund your tuition minus a \$25 administration fee. We may grant exceptions for extenuating circumstances, e.g., death in one's family.

If the Office of Continuing Education cancels a course, we will provide a full refund of tuition and other payments. We will notify registrants of a class cancellation at the earliest possible time.

#### **Potential Course Design**

Below are possible plans to complete the Program in two-, three-, or four-years.

Two-Year Plan				
	Spiritual direction throughout.			
Year 1	Immersion			
	1 <sup>st</sup> Elective			
	2 <sup>nd</sup> Elective			
	3 <sup>rd</sup> Elective			
	4 <sup>th</sup> Elective			
Year 2	History of Spirituality (required course)			
	5 <sup>th</sup> Elective			
	6 <sup>th</sup> Elective			
	Practicum			
	Silent Retreat			

Three-Year Plan			
	Spiritual direction throughout.		
Year 1	Immersion		
	1 <sup>st</sup> Elective		
	2 <sup>nd</sup> Elective		
Year 2	3 <sup>rd</sup> Elective		
	4 <sup>th</sup> Elective		
	5 <sup>th</sup> Elective		
Year 3	6 <sup>th</sup> Elective		
	Practicum		
	Silent Retreat		

Four-Year Plan			
	Spiritual direction throughout.		
Year 1	Immersion		
	1st Elective		
Year 2	2 <sup>nd</sup> Elective		
	3 <sup>rd</sup> Elective		
Year 3	4 <sup>th</sup> Elective		
	5 <sup>th</sup> Elective		
Year 4	6 <sup>th</sup> Elective		
	Practicum		
	Silent Retreat		

## **Immersion**

Participants typically begin the Certificate in Spiritual Formation by enrolling in the Immersion retreat. Immersion will have both synchronous and asynchronous online components. The initial week of meeting will include discussion of required readings and introduction to each other as well as Christian spirituality. Following this time, we will continue with online presentations, small group discussion, *lectio divina*, worship, prayer practices, guided meditation, writing, and times for reading and reflection. The final segment of Immersion involves several weeks of spiritual direction via Zoom.

#### **Requirements for Immersion**

- 1. Register and pay all tuition.
- 2. Attend the full course and actively participate.
- 3. Complete all required readings.
- 4. Discuss and blog with each other about the required books.
- 5. Write a ten-page spiritual autobiography.
- 6. Participate in several online individual spiritual direction sessions.

#### Writing the Spiritual Autobiography

#### **Purpose**

- To assist persons in the program to engage in their journey with a greater seriousness and clarity.
- To provide an opportunity to review one's life and become aware of one's life story.
- To provide a basic tool for working with others who are on their journeys.
   When we have an understanding of our own narratives, we are better able to
   help others see God's hand in their life and history. We are also able to speak
   personally to people about what we know to be true about the life of faith. We
   believe this process will enrich your ministry and your life with God.

#### **Format**

- Ten doubled-spaced, typed pages. No title or bibliography needed.
- Submit the original (by U.S. mail or E-mail) and retain a back-up copy.

## Spiritual Autobiography Process ~ What this paper is:

- This paper is about *you* and *your* life. It is about how God's providential care has guided and sustained you.
- This paper is a story about who God has shaped you to be, the ways in which this
  formation has taken place and God's presence and action in all the seasons of
  your life.
- This paper is a reflection of your **spiritual journey**. It recalls the "God moments" in the ordinary and memorable events of your life.

#### Process ~ What this paper is *not*:

- This paper is not a report about your devotional life or spiritual practices, although there might be instances where you mention them.
- This paper is not a catalogue of your religious experiences or highlights.
- This paper is not a report about the Immersion Experience or a review of the presentations or books.

#### **Suggestions**

You might try arranging your paper by:

- life chapters or life themes;
- marker events or life changes;
- important people throughout your life;
- special occasions or memorable places; or
- colors or symbols or pictures.

#### **Due Date**

- Papers are due 6 weeks after the completion of the course.
- E-mail or mail your paper and a self-addressed, stamped envelope to the instructor at the address they provide. If you send an electronic copy, the instructor will return comments to you electronically.

#### **Elective Courses**

Participants in the SFC Program are required to take six elective courses and one required course on "The History of Spirituality." Both PTS and Columbia offer a variety of courses. Participants may choose the courses that best suit their interests. Historically, participants have taken most of their courses at their home seminary, while taking up to two electives at the partner seminary when a course is of particular interest. Each elective course will have a tag noting its primary orientation (S: spirituality; T: theology/history; and P: practices). We ask that participants seek to balance their learning and course of study, i.e., 1-2 classes in each orientation.

#### **Requirements for Elective Courses**

- 1. Register and pay all tuition.
- 2. Attend course and actively participate.
- 3. Complete all required readings.
- 4. Write a one-paragraph reflection of a particular point that spoke to you from each of the required books. Students should complete these reflection paragraphs before the course begins and hand them in upon arrival. See the guidelines on page 12.
- 5. Write a ten-page reflection paper or other final project as offered by the instructor. See the guidelines below and on age 13.

### **Writing reflection papers**

- Ten typed pages ~ double-spaced.
- Reflect on the week ~ both the content and the experience.
- This should not be a report about the reading and lectures, but rather a reflection about how you have integrated your learning into your life and current ministry. Write in a "formative" fashion.
- Papers are due 6 weeks after the end of the course. Students must request permission for an extension in writing to the instructor with a copy to the OCE.
- Keep a copy of your final paper/project.
- E-mail your papers to the instructor or mail hard copy papers with a self-addressed, stamped envelope to your course instructor. For hard copy papers, the self-addressed/ stamped envelope is necessary for the instructor to return comments to you.

#### Questions to ponder when writing your reflection paper:

- What insights did I gain or what did I learn this week?
- What questions or challenges am I dealing with?
- Something that deeply moved me was . . .
- When I reflect on the lectures, small group discussions and readings, I remember . . .
- How does all that I have experienced affect my spiritual life and/or devotional practices?
- What applications to my ministry can I make from what I have learned this week?
- One thing I never knew or realized before . . .
- I pray that God will help me remember and live into . . .

#### **Guidelines for One-Paragraph Reflections**

#### Introduction

The course instructor(s) choose the required and recommended books to assist you in your learning and formation. Unless otherwise stated, please read all books BEFORE the course begins. A one-paragraph reflection per book is due upon arrival. We believe that reading the books prior to the course will acquaint you with the material in a foundational way. Allow this reading time to shape and encourage your spiritual life.

#### How should I read?

Much of the reading we do is for acquiring *information*. We read the newspaper to learn about current events, stock prices or sports scores. Often, we read books this way, too . . . even the Bible. We read to know who did what, when and why. While reading for *information* is important, we ask you to read for *formation*. Formative spiritual reading is an essential discipline in the Christian life. Try following these steps:

- 1) Set aside a portion of uninterrupted time.
- 2) Find a private and comfortable space.
- 3) Begin with a prayer that asks God to make this time and space sacred.
- 4) Linger for a few minutes in quietness.
- 5) Pray to God asking that the Holy Spirit will guide your reading.
- 6) Begin reading and pay special attention not only to the details or thematic content but to "holy intuitive nudges."
- 7) When something inside "clicks" or causes you to have an "aha" moment, stop reading . . . at least for now.
- 8) In a notebook or journal briefly write down what thoughts or feelings arise.

  Wonder how God might be using these words or this book to shape your life.
- 9) Return to your reading, continuing the same prayerful process.
- 10) End your reading with prayer.

This discipline of spiritual reading will be both *formative* and *transformational* in your life.

#### How shall I share?

After you complete each book, review your notations and prayerful insights. Select one insight to discuss in a one-paragraph reflection. The paragraph should contain a summary of one or two of the formative or transformational insights from your reading. On the back of your paper, write two-three questions about something you read. We may use these questions during small group discussions.

#### **Conclusion**

Formative reading may be a new discipline for you. Be gentle with yourself as you learn a new way to listen to God. May God meet you in your seeking.

#### **Guidelines for Ten-Page Reflection Papers**

#### Introduction

Participants in the SFC Program will write several ten-page reflection papers. The spiritual autobiography and reflection papers on each elective course are *due 6 weeks* after the completion of the course.

It is our hope that in the writing of these papers discernment and learning will continue to occur. Participants are encouraged to write not to impress the instructor or reader, but to articulate insights gained throughout the week of learning and subsequent reflections on the experience afterwards. The instructor(s) will provide specifics about the assignment before the end of the course.

#### **Process**

- 1) Participant takes the course.
- 2) Participant writes the papers.
- 3) Participant sends the papers to course instructor.
  - a. Keep a copy.
  - b. Include a self-addressed, stamped envelope for return of papers and comments.
  - c. E-mail attachments are acceptable depending on the wishes of the instructor.
- 4) Instructors will return papers with comments within two months.

#### Reading Rationale

The instructor(s) read your paper in a prayerful and discerning manner. We ask them to be mindful that they are in essence "reading someone's life." Similar to the focus in spiritual guidance or direction, each reader endeavors to listen to the story and watch for God's movement and interaction. Confidentiality and prayer are vital to the integrity of this process.

#### **Practicum**

#### I. Prerequisites for the Practicum

- A. Completion of the Immersion retreat.
- B. Completion of at least four of the Electives and the "History of Spirituality" class.
- C. Payment of tuition of \$300.00 for the Practicum.

#### II. General Information

- A. Participants may complete the Practicum within or outside of their ordinary faith community.
- B. If the participant does their Practicum within the church or community of faith, s/he must speak with the pastor or governing body to obtain permission, support, and counsel.
- C. The Practicum should relate to the learning goals of the participant.

#### III. Arranging for the Practicum

- A. Once the prerequisites are satisfied (completion of Immersion, the History of Spirituality class and four of the six required electives), the student may begin formulating detailed plans for the Practicum. A summary of the process the student should follow is:
  - STEP 1. Submit a 3-page proposal defining (1) the goals of the practicum and (2) the program you have designed to accomplish your goals. The proposal should spell out the goals, the content of each session, the process to be used (small groups, discussion, one-on-one) and how you will make presentations (lecture, movies, slides, etc.) With your proposal, fill-out and submit the Practicum Proposal form found in this document. The proposal and a \$50 deposit will serve as your registration for the practicum.
  - STEP 2. Secure a supervisor with the help of the OCE. You may wish to secure a supervisor in the local community. Guidelines for your supervisor are on p. 17 and available from the OCE. PTS will send your supervisor a modest honorarium (outlined in the guidelines) once the OCE receives your completed practicum report.
  - STEP 3. Receive written approval from the OCE before starting the practicum.

#### IV. Time Requirement

- A. 20 hours minimum, including preparation time and supervision.
- B. Three 1½-hour supervisory meetings:
  - 1. Before the act of ministry:
  - 2. During or shortly after the act of ministry begins; and
  - 3. At the conclusion of the supervisory process.

#### V. Completing the Practicum for the Certificate in Spiritual Formation

- A. When the Practicum is complete, the participant will engage in a time of reflection and evaluation. There are two parts of evaluation: (1) An individual self-evaluation; and (2) An evaluation meeting with your supervisor who will then provide a written report to the Office of Continuing Education, PTS.
- B. The participant will then submit:
  - 1. A three-page summary of what transpired in the Practicum.
  - 2. A three-page self-evaluation paper.
  - 3. A two- to three-page reflection about the Practicum experience. (Total 8-9 pages)
  - 4. The supervisor will prepare a three- to five-page evaluation paper.
  - 5. Send all materials to:
    Office of Continuing Education
    Pittsburgh Theological Seminary
    616 N Highland Ave
    Pittsburgh, PA 15206



**FOR OFFICE USE** 

Proposal approved by

## Practicum Proposal Spiritual Formation Certificate Pittsburgh Theological Seminary

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Proposal Tit	le _			_
Projected Ti	meframe _			
Supervisor	Name _			
	Address _			
	Phone _			
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	dent, the practi e upon the pra		and the Director of Continuing Edu	ıcation at
圳		DTC) +	Return with a \$50 deposit (payak	ole to
PITTSBURGH THEOLOGICAL SEMINARY		Office of Continuing Education Pittsburgh Theological Seminary 616 N Highland Ave Pittsburgh, PA 15206 Phone: 412-924-1345		

Proposal included\_\_\_\_\_

Deposit received \_\_\_\_\_

\_\_\_\_\_ Date \_\_\_\_\_

# **Guidelines for Practicum Supervisors Certificate in Spiritual Formation**

Thank you for agreeing to be a practicum supervisor for the Certificate in Spiritual Formation. You are an integral part of the learning and formation process for the participant you have agreed to supervise.

#### **Supervision Models**

Most of us have a dominant model of supervision that may be unconsciously informing our understanding of the supervisory relationship. Some of these models come from previous experiences of others supervising us. Some reflect different theological understandings about human relationships and Christian mission. Preferred styles of learning can also inform expectations about supervision.

For more on supervision models, see (Beisswenger, D.F. (1974). Differentiating models of supervision in theological field education. In Ziegler, J.H. (Ed.), The Needs Within Theological Education. <u>Theological Education</u>, <u>11</u>(Autumn; 1):50-58. He identifies seven different models frequently employed in pastoral supervision. For each model, the author has asked the following pertinent questions:

- What is the primary goal of supervision?
- What is the primary task of the supervisor in this relationship?
- What is the general focus of supervisory conferences?
- What metaphor shapes the relationship between these two persons?
- Who, if anyone, should be in control in this relationship?

Since the participant has been working to grow in faith and ministry through the Certificate in Spiritual Formation Program, we would like to encourage the practicum supervisor to continue this process. Here, the Spiritual Guide Model found in Beisswenger's article may be helpful to you.

#### Supervisor as Spiritual Guide

It is our hope that supervisors will serve prayerfully and intentionally as companions to the Certificate participants through the practicum process.

Plan to have three face-to-face meetings during the practicum experience. One meeting should occur before the act of ministry to offer support and guidance, one during the experience to observe the participant, and one afterwards to offer feedback and encouragement.

Consider how to include silence, prayer, scripture and ritual during your times together. Seek to listen for God's voice and direction as you listen to the participant's plans and stories.

#### Feedback and Prayers

At the conclusion of the practicum, please write a three- to five-page paper reflecting on how this experience was spiritually informative for the participant. In what ways did you see God's tender teaching? How did the participant listen for God during the process? What growth areas do you see in the participant's leadership? How has this process or the participant's ministry affected you?

After you have written the paper, please share it first with the participant. Enter into conversation and prayer about the practicum and the participant's leadership. The participant is responsible for sending your portion of the paper along with his/her final reflection paper to Pittsburgh Theological Seminary.

#### Honorarium

We are grateful for your willingness to provide spiritual leadership for the Certificate in Spiritual Formation. We hope that the practicum will be a meaningful experience for both you and the participant.

We are pleased to be able to offer you a small honorarium of \$250. Although this will not cover all of the time you will invest in conversation, prayer, and writing, we hope that you will see this as our way of saying thank you. We will send your honorarium upon receipt of your evaluation.

#### **Questions?**

If you have further questions, please call the Office of Continuing Education at Pittsburgh Theological Seminary, 412-924-1345, or email <a href="mailto:ConEd@pts.edu">ConEd@pts.edu</a>.

#### **The Silent Retreat**

Participants will conclude the SFC Program with a silent retreat.

#### Requirements for the Silent Retreat

- 1. Completion of all other courses, papers and requirements, no later than 90 days prior to the retreat.
- 2. Register and pay all tuition and fees.
- 3. Prepare your retreat plan in advance according to suggestions in Ruth Haley Barton's book, *Invitation to Retreat*, for approval by the OCE.
- 4. Complete all required readings.
- 5. Write a one-paragraph reflection on each of the required books per guidelines below.
- 6. Write an eight- to ten-page reflection paper about the silent retreat.

#### Cost of the Silent Retreat

Tuition fee \$100.00Remaining trip cost: \$150-\$300

Overnight lodging costs, meals, travel to retreat center

of your choice ~ Spiritual direction: \$50-75/meeting

~ Miscellaneous costs: Books, prayer tools, i.e., finger labyrinth, candles, icon,

incense, etc.

#### Writing the Silent Retreat Reflection Paper

Format, Submission, and Due Date

- ~ Ten double-spaced, typed pages. No title page or bibliography needed.
- ~ Submit one copy and retain a back-up copy
- ~ Submit your papers no later than six weeks after the completion of the retreat.
- E-mail to <u>ConEd@pts.edu</u> or mail your papers and a self-addressed, stamped envelope to: Office of Continuing Education, Pittsburgh Theological
   Seminary, 616 N Highland Ave, Pittsburgh, PA 15206.

#### Purpose

- ~ This is an opportunity to review the events, feelings, and thoughts surrounding the retreat. We are interested in what happened to "you" and how your ministry will be different because of the retreat.
- ~ This is not a paper recounting the daily schedule of the retreat, rather, an opportunity to review holy moments and life-changing experiences that may have occurred while in silence.
- ~ You may find it useful to review your spiritual autobiography from the Immersion class as part of your initial discernment process.

## **Completion of the Certificate Program**

Upon completion of the silent retreat, PTS will award a certificate to participants indicating that they completed all required work in a faithful and satisfactory manner.

Alumni/ae may continue to take courses in the SFC Program at a reduced rate (\$100 discount on the registration fee). In addition, we may offer specialty courses for those who have completed the program.



# Registration Form Spiritual Formation Certificate Pittsburgh Theological Seminary

SEMINARY

I wish to enroll in the Spiritual Formation Certificate Program. I look forward to participating in the Program – Immersion, elective and required courses, the practicum, and the silent retreat.

Name				
Home Addı	ress			
Home Phor	ne			
Cell Phone				
Occupation	ı			
Work Addr	ess			
Office Phor	ne			
E-mail				
Denominat	ional affiliation			
Today's Da	te			
	e your enrollment, or wishing to join		age or two reflecting ı.	on your
Return to:	Office of Continu Pittsburgh Theolo 616 N Highland A Pittsburgh, PA 15	gical Seminary ve	412-924-1345 ConEd@pts.edu	PITTSBURGH THEOLOGICAL