



St. Anthony Shrine & Ministry Center

Spiritual Direction Certification Program

2016 - 2018



***A practicum and instruction experience to respond
to the calling to become a spiritual director.***

***Do you find people coming to you for a listening ear?
Are you already involved in contemplative listening?***



***Spiritual Direction** is a relationship based on trust and confidentiality which encourages the ongoing transformation of each person. Its purpose may be to notice God's specific self-communication in life, relationships and prayer . In spiritual direction focused listening brings one to a deeper clarity about their own image of the Divine.*

Through this experience of learning, reflecting, sharing and praying you may become a more spiritually aware human being. So, even if you are not sure about how God is leading you to use your skills, this program will help you become more deeply present to others in your life.

Our two-year, four semester program will begin on September 18, 2016 and continue on the following Saturdays from 10:00 am to 4:30 pm

9/18 10/22 11/19 12/17 2/18 3/18 4/15 5/20.....Year 1

9/16 10/21 11/18 12/16 2/17 3/17 4/21 5/19.....Year 2

The program includes the reading of current spiritual direction books and articles, leading prayer, listening to and interacting with guest speakers, practicing spiritual direction skills, doing an internship under the direction of an individual supervisor and peer supervision, presenting oral and written papers, and making a retreat. The program extends over a 2 year 4 semester training with practicum work during the interim summer.

Themes for the Semesters

Semester 1: Understanding Our Spiritual Selves

Semester 2: Spiritual Direction Skills

Semester 3: God and Prayer

Semester 4: Different Spiritualities

The curriculum was originally developed by

Sr. Linda Greenwood, OSF of the San Damiano House of Prayer in Lowell, Massachusetts.

Cost of the Program

\$50 Registration Fee (one time only)

\$500 – 20 hours of class – per semester

\$100 Overnight retreat (one time only)

\$100 or less for books per semester

\$100 Graduation Fee (one time only)

St. Anthony Shrine & Ministry Center is conveniently located in Downtown Crossing Boston and is easily accessible from the T with stops at Downtown Crossing and Park Street. Parking garages nearby have reasonable Saturday rates..

Spiritual Direction Certification Team Members



Director- Nancy Nichols Kearns - As a retired high school math teacher and school administrator, I am thrilled to be living in Boston and enjoying the nexus of spiritual communities. I am married with 5 children from our blended family and 8 grandchildren. I have been a Spiritual Director at the Shrine for 7 years and a Coordinator of Contemplative Outreach of Boston as well as auditing courses and attending lectures at Boston College. Centering

prayer sustains me and allows me to be grounded in active ministry. Wisdom Schools have deepened this awakening. The Cursillo community, prison ministry at Framingham and 12 Step experience have encouraged me to feel blessed as God works through these encounters.

Clara Wood - I became deeply involved in leadership roles in the sacramental and communal life of St. Stephen Priory in Dover twenty years ago, initiating prayer groups and retreats and a two-year restoration and transformation of the Olmstead garden into a place of contemplation. Inspired by the lives of the Dominicans and my spiritual community, I received a Certificate of Pastoral Ministry at the School of Theology and Ministry at Boston College where I continue to audit courses and attend lectures. Many



years in spiritual direction and as a volunteer in a ministry for the homeless and as a hospital pastoral visitor shaped my interest in expressions of spirituality through nature and practices of poetry, storytelling and the arts which inspire my own spiritual life, and which I developed into an expressive arts program at a [psychiatric?] day center. I have been living in the Boston area for 38 years, a widow with two children and four grandchildren, my joy and delight.



Carol Mitchell. I trained as a spiritual director almost 25 years ago and it has been my great privilege and joy to accompany many people in spiritual direction since that time. I have been involved in the training of spiritual directors as well as working on preached, directed and 30 day retreats. My first career was as a clinical psychologist and in that capacity I periodically teach in a program in the California prison system to train long term prisoners to become addiction treatment counselors. I am married with

three grown children and five grandchildren, two of whom live across the hall from us. I feel incredibly blessed to live in my favorite city doing work that lets me continually see new aspects of the face of God.



Dixie Burden I have a Masters in theology and another in Spiritual Direction from the Jesuit School of theology when it was in Cambridge, and the Center of Religious Development where I trained in spiritual direction for a year. In 1998 after a 30 Day retreat and a unit of CPE at Beverly Hospital, I joined the staff at Gonzaga, the Jesuit run retreat house in Gloucester, Ma. I had that wonderful ministry until 1998-2014 when it closed for a two-year renovation. Now I am retired, living in Rockport, beginning a new chapter in my spiritual journey and happy to accompany people on their walk with God. I am 74 years old, divorced, and originally from New York. I have 2 daughters and 6 grandchildren ages from 2 - 9.

Elizabeth Mc Carthy Married for 44 years, mother to five daughters and grandmother to three I am a registered nurse called to serve more intentionally the spiritual needs of all in my care. Responding to this call I earned a Master's Degree in Pastoral Ministry from Boston College and Spiritual Director Certification at San Damiano. In Newburyport, my home for over 25 years I lead weekly group Centering Prayer and provide spiritual direction for Immaculate Conception Collaborative. Both spiritual practices deepen my faith and move me to assent to God's presence and action in my life. I enjoy sharing Centering Prayer and The Twelve Steps with those in Sober Living. Service is an important aspect of my spiritual

life. As a young nurse serving in the Jesuit Volunteer Corps in Nome, Alaska deeply impacted my life. Mission trips to Jamaica with my husband to serve abandoned disabled children of Mustard Seed Communities reveal "He is Here." The Pelican Intervention Fund I co- founded in 2015 is a labor of love to fund extended residential care for those suffering from the disease of addiction. I have been very blest in my life and try to heed the words of my parents "to whom much is given much is expected."

For an application please contact

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