

A Student's Experience

As a pastor, I am always looking for ways to nurture my own soul and prayer life, as well as continuing to learn new ways to be a more affective spiritual leader.

The monthly all day class with other pastors at Kairos has been just the right combination.

The required reading and instruction has been stimulating, and the set aside day away from the church has provided nurturing space for prayer and reflection with other pastors.

- Kairos student

Spiritual Guidance Faculty

Deb Brensinger, earned her MA in Holistic Spirituality/Spiritual Direction from Chestnut Hill College and has lived and ministered in New York City, Jerusalem, Kenya, Romania and Zambia. She is a retreat leader, spiritual director, and mentor for students at Messiah College.

Terry Brensinger, longtime Old Testament professor and pastor, brings a wealth of training and experience to this course. He earned an M.Div degree from Asbury Theological Seminary and a Ph.D. at Drew University. He also completed his spiritual direction training at Kairos.

Eldon Fry, D. Min. in Pastoral Counseling; certificate in spiritual direction from Kairos;; pastor and chaplain for over forty years, has a heart for pastors and their well-being. He teaches Spiritual Formation in the Counseling graduate program at Messiah College.

Texts for 2011-2012

Bieber, Nancy. *Decision Making & Spiritual Discernment*. Skylight Paths Publishing, 2010.

Dawn, Marva, J. *Keeping the Sabbath Wholly: Ceasing, Resting, Embracing, Feasting*, Eerdmans, 2003.

Haley, Barton, Ruth. *Strengthening the Soul of Your Leadership*, IVP Books, 2008.

Kidd, Sue Monk. *When the Heart Waits: Spiritual Direction for Life's Sacred Questions*. Harper, 1990.

May, Gerald. *The Awakened Heart: Opening Yourself to the Love You Need*, Harper San Francisco, 1991.

Peterson, Eugene. *The Contemplative Pastor*. Eerdmans, 2001.

Richardson, Ronald W. *Becoming a Healthier Pastor*. Fortress Press, 2005.

Rolheiser, Ronald. *The Holy Longing: the search for a Christian Spirituality*. DoubleDay, 1999.

For more information on this class and to get an application contact:

Kairos: School of Spiritual Formation
2160 Lincoln Hwy. East #13
Lancaster, PA 17602
kairos@on-the-journey.org
717.669.2957

Information and application also online at <www.on-the-journey.org>



Revised: 6/8/2011

Spiritual Guidance Training

Carlisle, PA

An interactive one-year program for clergy, pastors and congregational leaders



Kairos: School of
Spiritual Formation

Congregational leaders guide the souls of the people they serve. This introduction to spiritual companionship provides essential understandings and skills for this ministry.

What happens each month

In the Introduction to Spiritual Guidance seminar, pastors and church leaders take time for personal reflection and spiritual growth.

They are encouraged to maintain an essential balance between self-care, family, ministry and time with God.

The seminar provides opportunity for leaders to enhance their ministry of spiritual formation and spiritual guidance in the congregation through the study of literature, experience of spiritual guidance, and presentation of case studies or verbatims each month.

The seminar meets monthly on Thursdays from September to May from 9:00am to 3:30 pm.

Schedule for each class

9:00	Gathering, Prayer, & Book Discussion
10:00	Personal Reflection: Silence
11:00	Topic of the month
12:00	Lunch
1:30	Group Spiritual Direction Ministry Experiences
3:00	Gathering the Graces (Personal & Professional Reflections on the Experiences of this Day)
3:30	Adjournment

Kairos envisions people transformed by God's love into the mind and heart of Christ for their sake and for the sake of the world!

Themes 2011-12

Sep. 8 , 2011

Intro to Spiritual Guidance & Spiritual Direction; Review of Syllabus

Sep. 29, 2011

Understanding Christian Spiritual Formation in the Congregation

Nov. 3 , 2011

Attending to the God-Person Relationship

Dec. 1, 2011

Spiritual Practices in the Congregation

Jan. 5, 2012

Contemplative Living Groups in the Congregation

Feb. 2, 2012

Spiritual Discernment in Congregational Life

Mar. 1 , 2012

Spiritual Formation and Dark Night Experiences

Mar. 29, 2012

Spiritual Formation of Pastor (Observing Sabbath Time)

May 3, 2012

Reflections on spiritual formation: personal, professional and congregational

**Class Location: Pheasant Field B & B
150 Hickorytown Road
Carlisle, PA 17013**

A Student's Experience

The Kairos class on Spiritual Guidance in the Congregation has been a true blessing and benefit to me in two primary ways.

First, in the area of my own formation as a ministering person, it has brought new awareness of God's presence in the midst of all of life, and the practices learned have deepened my ability to be aware of and pay attention to God in new ways.

Secondly, learning to use spiritual guidance as a metaphor for my pastoral work in the congregation has opened new avenues and ways of ministering to persons in the realm of their own spiritual growth, and has lowered my own anxiety over the level of responsibility I carry for their journeys, enabling me to trust God's work in their lives to a greater degree. -Kairos student