

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.

- Kairos student

Spiritual Direction Faculty

Sandy Drescher-Lehman is Pastor of Worship and Congregational Care at Souderton Mennonite Church. She is an author and retreat leader. Sandy graduated from Union Theological Seminary with an M.A. in Christian Education. Her life mission is to connect others to the immense unconditional love of God. She loves a good laugh, walking, reading, and spending time with friends. She is married to John Drescher-Lehman. They live at Fernrock Retreat Center.

John Drescher-Lehman is a retreat leader and spiritual director. He graduated from Virginia Commonwealth University with a B.S. and a Master of Social Work. He has a private practice in Counseling and Consulting. John is both fascinated and energized by working with individuals and groups from a strengths perspective. He loves photography, bicycling, camping, gardening, and good conversations with persons of depth and humor. John and Sandy have 2 young adult children, Maria and Jonathan.

Texts for 2011-12

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

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

O'Donohue, John. *To Bless the Space Between Us: A Book of Blessings*.

Peterson, Eugene H. *The Contemplative Pastor*. Eerdmans, 1993

Richardson, Ronald W. *Becoming a Healthier Pastor: Family systems Theory and the Pastor's Own Family*, Fortress Press, 2005

Ruth Nelson, Dawn. *A Mennonite Woman: Exploring Spiritual Life and Identity*. Cascadia Publishing, 2010

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:6/2/2011

Spiritual Guidance Training Telford, 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 , 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 classes provide opportunities for leaders to enhance their ministry of spiritual formation in the congregation through prayer and reflection, the study of literature, experience of spiritual direction, and presentations of case studies each month.

The classes meet monthly on Thursdays from September to May from 9:00-3:30.

Schedule for each class

9:00	Gathering and Prayer
9:30	Personal Reflection: Silent Meditation
10:30	Discussion of topic
11:30	Practicum: Spiritual Direction
12:00	Lunch
1:00	Supervision of a Ministry Experience (case study or verbatim materials)
3:00	Gathering the Graces (Personal & Professional Reflections on the experiences of the day)
3:30	Adjourn

Dates/Topics 2011-12

Sep. 8 , 2011
Intro to Spiritual Guidance: Focus, History and Theology

Oct. 13, 2011
Understanding Christian Spiritual Formation in the Congregation

Nov. 10 , 2011
Attending to the God-Person Relationship

Dec. 8, 2011
How Family Systems Affects Our Ministries

Jan. 12, 2012
How Family Systems Affects Our Ministries

Feb. 9, 2012
Spiritual Discernment in Congregational Life

Mar. 8 , 2012
Spiritual Formation and Dark Night Experiences

Apr. 12, 2012
Spiritual Formation of Pastor (Observing Sabbath Time)

May 9-10, 2012 Retreat
Reflections on Spiritual Formation: Personal, Professional and Congregational

Location: 1900 Twin Lows Rd., Green Lane, PA 18054

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

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!