

# Kairos Spiritual Direction Training 2022-2023 Cohort



2160 Lincoln Hwy East Ste. 18, Lancaster, PA 17602

[www.parishresourcecenter.org](http://www.parishresourcecenter.org)

(717) 299 - 1113

Kairos Spiritual Direction Training (SDT) is a contemplative program that teaches the art and practice of spiritual direction – deep listening, walking alongside others, and recognizing God in your own life and the lives around you.

SDT is designed not only for spiritual directors, but for all those who offer spiritual care and companionship. Training in spiritual companionship provides effective tools for interpersonal relationships.



## Spiritual Kinship

Broaden the application of spiritual direction by meeting with and offering spiritual kinship to someone on the margins, through PRC's work in the Community Meal Program in Lancaster City and/or with immigrants at York Detention Center.



## Diverse Instructors

Students receive input from Spiritual Direction faculty, Contemplative faculty, and Guest Experts. SD faculty bring years of SD experience to synthesize teachings to apply specifically to SD as well as supervising students as they put new skills into practice. The Contemplative faculty member curates a varied and cohesive course of contemplative practices and learning. These four faculty members form the consistent core of the SDT program. Guest Experts, from a variety of religious, educational, and professional backgrounds, are invited to bring their own experience to each month's topic.



## Supervised Direction

Students begin by observing Faculty give Spiritual Direction in the Fishbowl sessions each month before engaging in real-world practice with directees of their own. In small supervision groups, students reflect on their sessions as student directors and receive feedback and guidance by the faculty. This intensive, hands-on learning process increases each student's skills and confidence.



## Cohort Training

Participants come from a wide variety of backgrounds and bring a range of expertise to contribute to your unique cohort. Each cohort of students remains together through both years, encouraging deep connections to form between peers on this shared journey.



## Comprehensive

The topics offer a comprehensive course of study while allowing for students to pursue particular interests. Topics include: Attending to the God-Person Relationship, Director-Directee Relationship, Ethical Considerations & Boundaries, Discernment in Spiritual Direction, Contemplative & Religious Diversity, Spiritual Practices, Dark Night Experiences, Self-care & Professional Resilience, and Contemplative Practices in Community.



## Certificate Program

Students receive a certificate at completion of their two-year program to certify their advanced training in Spiritual Direction and accompanying skills. SDT includes desirable professional and skill development for many career paths.

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## FACULTY



Rev. Dr. Eldon Fry, D.Min. was a Campus Pastor at Messiah University before founding Open Hands, a nonprofit focusing on spiritual direction and formation for pastors and church leaders. Eldon has spent much of his career serving in interdenominational settings and has provided coaching and mentoring to those in ministry across 14 denominations.

Eldon had been ordained in The Wesleyan Church for over 50 years and has pastored multiple congregations. He is an author and has trained in Spiritual Direction at Kairos and Shalem.



Rev. Julia Bruton-Sheppard, M.Div. is ordained as a Baptist Minister. She is the Program Facilitator for Communication and Leader Development at the Philadelphia Baptist Association where part of her work is providing spiritual direction for pastors and writing diversity curriculum on Cultural Humility.

Julia's previous career was as a hospice Registered Nurse. She recently renewed her nursing license to join the COVID vaccine effort. She is a seasoned Spiritual Director and Kairos SDT alum. She specializes in Jungian dreamwork.



Amy Shutt, MBA, is a long-time spiritual companion and retreat leader. She is a Kairos SDT alum and former Kairos board member. She has an MBA from Drexel and a Bachelor's in Architectural Engineering. Amy is employed as a Senior Mechanical Engineer, managing HVAC system design and construction in the pharmaceutical sector. She especially enjoys mentoring the next generation of engineers.

Amy is a ruling elder in the Presbyterian Church, USA and active as a teacher and leader in her church – First Presbyterian in Pottstown.



Jean Lengacher, M.Div, has 20+ years of connection with Kairos as a student and faculty member, and is returning in the newly formed position of Contemplative Faculty. She received her M.Div. in Christian Spiritual Formation and a Certificate of Spiritual Direction from Eastern Mennonite Seminary.

She has completed additional training through Kairos, Shalem Institute, Maryland Center for Reiki Training, and Common Awakening.

Jean specializes in mindful meditation, awareness, and compassion-based practices, honoring Christian and Buddhist traditions. She is a reiki master and attends to energy and body movement as prayer practices.

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## Guest Experts



Lesley Huff holds a Doctorate of Psychology, specializing in Family and Marriage Therapy. She is a licensed psychologist and certified teacher of Mindful Self-Compassion. Working in a relational and systemic way, she helps clients to build a sense of balance and compassion for self and for others.



Jenny Schulder Brant is an ayurvedic practitioner and yoga teacher. She finds great joy in sharing her love of Jewish ritual and the spirituality that accompanies it. Her focus is on creating a community where it is understood that the health of our own bodies and minds directly connect to the health of our communities and the world. She is a certified Vaginal Steam Facilitator.

Annie Lengacher Browning is an intuitive practitioner, spiritual guide, LCSW, and an ordained minister. Annie experienced a spiritual awakening and as her clair senses expanded, she began to integrate this into her life's work – to connect people with their soul and divine image.



Annemarie Early, Ph.D., is trained as a psychotherapist and an Integrative Energetic Medicine practitioner. She is a Reiki practitioner. She uses these modalities in her practice as an intuitive where she provides Divine guidance and energetic support for healing— body,



Conrad Kanagy is a Professor of Sociology who was diagnosed with Parkinson's Disease in middle-age. This diagnosis was a major impetus for change in his life, calling, and ministry. It was a massive disruption in his life, identity, and plans that brought grief and losses, but also some gifts.



Carla Wilson, M.Div., is Associate Pastor at Lutheran Church of the Good Shepherd. She is also the Assistant to the Bishop in Charge of Justice Ministries of Lower Susquehanna Synod in the Evangelical Lutheran Church in America – one of the first out LGBTQ Black women ordained in her denomination. She specializes in storytelling, community-based advocacy, survivor empowerment, trauma-informed care, mindfulness, and cultural competency.

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## Guest Experts



Dan Jurman, DMin, is the first Executive Director of Governor Wolf's new Office of Advocacy and Reform. His focus is to create better outcomes for all people whose circumstances have made them vulnerable. He has taught courses on the intersection of Theology and

Poverty and was the CEO of Community Action Partnership (CAP) in Lancaster.



Vanessa Lovelace, PhD, is an experienced Hebrew Bible/Old Testament scholar. Her teaching and research interests include interpreting biblical texts using literary criticism and theory of gender and nation through a womanist lens, examining the interlocking identity categories of race, gender, sexuality and class. She is an ordained minister in the United Church of Christ.

Mukaram Syed, a chemical engineer, is one of the founding members of Islamic Community Center of Lancaster. He is on their Board of Trustees and is very involved with community outreach and inter-faith activities. Mukaram holds educational seminars at various local schools and colleges on topics of Islamic faith and practices. He is also the Principal of Sunday Islamic School.



Paul Burgmayer holds a PhD in Analytical Chemistry and is retired from his career as a research scientist and teacher. He is an active Director and Supervisor and former Kairos faculty. He earned an MA in Holistic Spirituality from Chestnut Hill College, trained in Supervision at Together in the Mystery, and has deeper training in Ignatian Spirituality.



Erin Cox-Holmes, DMin, has been the Executive Presbyter of the Donegal Presbytery for over ten years. She has helped churches implement child-safety guidelines and led boundary and ethics trainings. She has also served in multiple pastoral roles.



Ellie Stratton, MDiv, is an ordained minister in Presbyterian Church (USA) and a spiritual director with over 25 years of experience offering companionship to individuals and groups in addition to supervision. She is a graduate of the Forest Dwelling Program at Oblate School of Theology, which educates in the wisdom and spirituality of aging.

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## Schedule

Teaching Saturdays (attended in-person or via Zoom) are listed below. Monthly small group time will be schedule as convenient for students.

### 2022

Mar 5, 2022  
Apr 2, 2022  
May 7, 2022  
June 4, 2022  
Sep 10, 2022  
Oct 1, 2022  
Nov 2, 2022  
Dec 3, 2022

### 2023

Jan 7, 2023  
Feb 4, 2023  
Mar 4, 2023  
Apr 1, 2023  
May 6, 2023  
June 3, 2023  
Sep 9, 2023  
Oct 7, 2023  
Nov 4, 2023  
Dec 2, 2023



### TEACHING SATURDAYS

*Students can choose to participate in person or online via Zoom*

9:00am Contemplative Gathering  
9:30am Main Teaching Time with Guest Expert  
12:30pm Lunch  
1:30pm Contemplative Time  
2:30pm Teaching Integration (practicums, discussion, readings)  
4:30pm Fish Bowl  
5:30pm Contemplative Closing  
6:00pm Departure

### MONTHLY SMALL GROUPS

*Students will all participate via Zoom.*

Small groups of students will meet with a faculty member for two hours each month at a time convenient for students for supervision and practicums tailored to students' needs.

## Tuition

Members receive a 10% discount.

**Early Bird Price**  
(Apply before Nov. 30, 2021)

\$6,200 for two-year program

**Pay Monthly**  
(18 payments)

Set up automatic, monthly payments of \$345

**Pay Yearly**

\$3,100 due upon acceptance  
\$3,100 due on Jan. 15, 2023

**Regular Price**  
(Apply after Nov. 30, 2021)

\$7,200 for two-year program

**Pay Monthly**  
(18 payments)

Set up automatic, monthly payments of \$400

**Pay Yearly**

\$3,600 due upon acceptance  
\$3,600 due on Jan. 15, 2023

Application fee of \$150 is due with your application. Limited financial aid scholarships are available. Applicants are encouraged to seek funding from their church, religious affiliations, or employer.

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## COURSE REQUIREMENTS

Some requirements can be adapted. Please discuss your needs with us so we can find equivalent requirements as necessary.

### 1 Spiritual Disciplines:

- a. Engage in personal, life-giving spiritual practices. Share your spiritual journey regularly with your own spiritual director, and with your SDT cohort through small group times, forum posts, and Saturday sessions.
- b. Complete times of solitary retreat to focus on your own journey and contemplative practices.

### 2 Spiritual Direction:

- a. Provide spiritual direction for at least two adults for a combined minimum of 20 sessions (at least seven sessions with one individual). Students should not have more than four directees at one time. Students should not provide spiritual direction prior to the start of supervision. PRC can help you find directees.
- b. Supervision groups are a foundational element of the SDT program, each led by an SD faculty member. Actively participate in your small supervision group to reflect on direction sessions and receive feedback and guidance. This intensive, hands-on learning process increases each student's skills and confidence.
- c. Write a 1-2 page verbatim each month on a direction session you have given. Submit it to your faculty supervisor at least one week prior to supervision.
- d. Student liability insurance is required prior to seeing directees. The most popular option is to join SDI as a student member (\$59/year) and apply for student liability insurance through American Professional Agency, Inc. (\$35/year). More information will be provided in class.



- 3 **Spiritual Kinship:** Broaden the application of spiritual direction by applying the same skills to new settings. Meet with and offer spiritual kinship to someone on the margins. PRC will make the arrangements through its work with local immigration and in the Community Meal Program in Lancaster City. Non-local participants can make similar arrangements in their communities. PRC is happy to help with these arrangements, if helpful. Forums and teaching sessions will also emphasize practicing spiritual kinship.

- 4 **Participation:** Regular participation in class sessions, small groups, and on the online student forum each month between sessions. Always engage respectfully and thoughtfully with those holding differing views.

- 5 **Readings:** Read and interact with the texts and assigned readings each month prior to class. PRC is a member of SDI and has a subscription for students to be able to access the archives of Presence magazine.

*A Certificate of Completion is given to all students who satisfactorily complete the measurable requirements (or approved equivalents). The Certificate of Completion shows advanced training in Spiritual Direction but is not intended to certify an individual as a Spiritual Director. There is no certifying body for Spiritual Directors.*

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## HOW TO APPLY

### APPLICATION INCLUDES:

- 1) Contact Information form (attached)
- 2) Personal essay: 1-2 pages including:
  - Your discernment around starting Spiritual Direction Training
  - Experience of spiritual direction or spiritual friendships with others
  - Background in theology, psychology, or other relevant field
  - Exposure to readings and/or study in spiritual formation
- 3) Three references (form attached)
- 4) Request for financial aid (optional)
- 5) Act 34 PA Criminal History Check and Act 151 PA Child Abuse History Check (if you have resided outside of PA in the last ten years, you will also need to submit your Act 114 FBI Criminal History Report). For applicants residing outside of PA, comparable clearances will need to be submitted. Contact PRC for assistance.
- 6) Application fee: \$150

**Send to [kairos@parishresourcecenter.org](mailto:kairos@parishresourcecenter.org)  
or to the physical address above**

### CONFIRMATION

At the end of this process, you will receive a final letter to confirm your acceptance. At that time, you will make your first tuition payment to hold your seat in the cohort.

## REFERENCES

Have three references write a letter of recommendation answering the questions below. Please include two recent professional references and one personal reference. The personal reference should have known you for 5 or more years and not be related to you. References must be submitted before your application can be considered. If the requirements for references are an issue for you, please contact PRC.

1. How are you familiar with the applicant and their ministry?
2. What is your personal appraisal of the applicant's skills and potential in Spiritual Direction? (Please note that skills in spiritual direction—listening, noticing God, tending someone's spiritual journey—can be demonstrated in any profession).
3. Would you have any hesitation in referring someone to the applicant for spiritual direction?
4. What is your appraisal of the applicant's spiritual maturity and practice?
5. What is your opinion of the applicant's psychological maturity and stability?
6. What is at least one area of the applicant's life or work that you see as an area in need of growth?

## FINANCIAL AID

Scholarships are available on a limited basis. If you are interested in a scholarship, please include a letter of request for financial aid with your application. The letter of request should include why you are seeking financial aid at this time, other avenues of funding you have pursued, and any other information that would be helpful in making this decision. If you receive a scholarship, it will be spread evenly across your first-year payments.

Scholarships are awarded yearly based on the pool of applicants from all SDT cohorts. A first-year scholarship does not guarantee a second-year scholarship. You will need to submit a new letter of request (by Nov. 31, 2022) to be considered.

If the cost of receiving spiritual direction is prohibitive, please include it in your letter of request.

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## APPLICANT INFORMATION

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (c): \_\_\_\_\_

Email: \_\_\_\_\_

*A class list will be distributed to the cohort on the first weekend of SDT,  
which will include student and faculty names and email addresses.*

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All applicants to Kairos Spiritual Direction Training need to submit three references before their application can be considered. References should address the following questions as well as any other information relevant to the application.

1. How are you familiar with the applicant and their ministry?
2. What is your personal appraisal of the applicant's skills and potential in spiritual companionship? (Please note that skills in spiritual companionship—listening, noticing God, tending someone's spiritual journey—can be demonstrated in any profession).
3. Would you have any hesitation in referring someone to the applicant for spiritual direction?
4. What is your appraisal of the applicant's spiritual maturity and practice?
5. What is your opinion of the applicant's psychological maturity and stability?
6. What is at least one area of the applicant's life or work that you see as an area in need of growth?

References can be sent directly to PRC by:

- Email: [kairos@parishresourcecenter.org](mailto:kairos@parishresourcecenter.org)
- Mail: 2160 Lincoln Hwy East #18, Lancaster, PA 17602