

THE FORMATIVE SPIRITUALITY PROGRAM

The Formative Spirituality Program

The Formative Spirituality program at MTS enables students to deepen their own spirituality and that of others. It grounds students in the contemplative tradition while offering hands-on opportunities for practical application within parish ministry settings, agencies and individual practice.

The 21 credit **Graduate Certificate in Formative Spirituality** and the 12 credit **Concentration in Formative Spirituality** (taken in conjunction with a degree program), help students develop a holistic and incarnational spirituality through the integration of both academic rigor and experiential learning. Both programs equip students to form and facilitate formative spirituality groups in their church, agencies or other communities.

The Formative Spirituality program is grounded in the participants' personal experiences of God, which are fostered through a variety of teaching modalities as well as through individual and group spiritual direction. It is a multi-disciplinary program that explores the unique intersections between a spirituality of mind/body/spirit and the societal/cultural needs of the individuals and community.

Deeply grounded in the Christian tradition, the program fully embraces the Gospel values of unity in diversity by facilitating an understanding of and respect for the contributions of all world spiritualities to "God's one grand action in the world" (William A. Barry, S.J.).

Requirements for Admission

1. A bachelor's degree from an accredited school and official transcripts from all educational institutions beyond high school.
2. An undergraduate cumulative grade point average of 2.5 or higher.
3. A completed application including letters of recommendation and an admissions essay, which is used to assess the candidate's ability to communicate and reflect theologically.
4. An interview with the Formative Spirituality Team.

See page 36 for an explanation of these requirements.



Students may take up to 6 credits in the Formative Spirituality sequence, with the approval of the Formative Spirituality Team, before matriculating into the Graduate Certificate in Formative Spirituality program.

The Graduate Certificate in Formative Spirituality

The Graduate Certificate in Formative Spirituality is a 21 credit program that provides intensive exploration of the contemplative life, grounding students in their own spiritual discipline. It also offers experiential learning to develop skills for facilitating these practices with others. It can be completed in two years and must be completed within six years.

	Credits
Spiritual Formation (SEPF 723)	3
Individual Spiritual Direction (SEPF 727)	1
Group Spiritual Direction I (SEPF 724)	2
Prayer (SEPF 741)	2
Group Spiritual Direction II (SEPF 725)	1
Spirituality within Diversity (SEPF 745)	2
Formative Spirituality for the Parish and Community (SEPF 728)	2
Incarnational Spirituality: Spirituality of the Arts, Music, Earth and the Body (SEPF 743)	2
Contemplative Communication and Relationship (SEPF 744)	2

Discernment (SEPF 742)	1
Spiritual Classics for the Contemplative in Action (SEPF 746)	2
Retreat Course (SEPF 729)	<u>1</u>
TOTAL	21

Additional Requirements for Graduation

- Participation in 2 Continuing Education programs,
- *or* Completion of the Spiritual Exercises of St. Ignatius (30 week experience)

Recommended Course Sequence for the Graduate Certificate in Formative Spirituality

TWO-YEAR OPTION

YEAR 1

Fall Semester

Spiritual Formation (SEPF 723)	3
Individual Spiritual Direction (SEPF 727)	1
Contemplative Communication and Relationship (SEPF 744)	2

Jan/Summer

Incarnational Spirituality: Spirituality of the Arts, Music, Earth and the Body (SEPF 743)	2
Retreat Course (SEPF 729)*	1

Spring Semester

Group Spiritual Direction I (SEPF 724)	2
Prayer (SEPF 741)	2

YEAR II

Fall Semester

Group Spiritual Direction II (SEPF 725)*	1
Discernment (SEPF 742)	1

Jan/Summer

Spirituality within Diversity (SEPF 745) *	2
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Spring Semester

Formative Spirituality for the Parish and Community (SEPF 728)*	2
Spiritual Classics for the Contemplative in Action (SEPF 746)	<u>2</u>
TOTAL	21

THREE-YEAR OPTION

YEAR 1

Fall Semester

Spiritual Formation (SEPF 723)	3
Individual Spiritual Direction (SEPF 727)	1

Jan/Summer

Retreat Course (SEPF 729)*	1
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Spring Semester

Group Spiritual Direction I (SEPF 724)	2
Prayer (SEPF 741)	2

YEAR II

Fall Semester

Group Spiritual Direction II (SEPF 725)*	1
Discernment (SEPF 742)	1

Jan/Summer

Spirituality within Diversity (SEPF 745)*	2
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Spring Semester

Spiritual Classics for the Contemplative in Action (SEPF 746)	2
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YEAR III

Fall Semester

Contemplative Communication and Relationship (SEPF 744)	2
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Jan/Summer

Incarnational Spirituality: Spirituality of the Arts, Music, Earth and the Body (SEPF 743)	2
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Spring Semester

Formative Spirituality for the Parish and Community (SEPF 728)*	<u>2</u>
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TOTAL	21
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FORMATIVE SPIRITUALITY

The Concentration in Formative Spirituality

The courses in the 12 credit Concentration in Formative Spirituality ground students in the contemplative tradition while offering hands-on opportunities for practical application within parish ministry settings, agencies and for individual practice.

The Concentration is ideal for students enrolled in the MDiv or MATS degree programs who would like to focus their electives on contemplative practices and group spiritual formation.

Students enrolled in the MAPC degree program may also benefit from the Concentration in Formative Spirituality. An additional 5 credits will be required to complete the Concentration in Formative Spirituality and the MAPC, bringing the total credits for the combined program to 67.



	Credits
Spiritual Formation (SEPF 723)	3
Individual Spiritual Direction (SEPF 727)	1
Group Spiritual Direction I (SEPF 724)	2
Group Spiritual Direction II (SEPF 725)	1
Prayer (SEPF 741)	2
Formative Spirituality for the Parish and Community (SEPF 728)	2
Retreat Course (SEPF 729)	1
TOTAL	12

Recommended Course Sequence for the Concentration in Formative Spirituality

YEAR 1

Fall Semester

Spiritual Formation (SEPF 723)	3
Individual Spiritual Direction (SEPF 727)	1

Spring Semester

Group Spiritual Direction I (SEPF 724)	2
Prayer (SEPF 741)	2

YEAR II

Fall Semester

Group Spiritual Direction II (SEPF 725)*	1
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Jan/Summer

Retreat Course (SEPF 729)*	1
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Spring Semester

Formative Spirituality for the Parish and Community (SEPF 728)*	<u>2</u>
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Total	12
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Background Checks *

All students directly engaged with individuals within a congregation or community agency are required to file the appropriate background checks with the Registrar. These documents must be current and on file before a student may register for specific courses and participate in a Formative Spirituality Practicum, which includes the following courses:

- SEPF 725 Group Spiritual Direction II
- SEPF 728 Formative Spirituality for the Parish and Community
- SEPF 729 Retreat Course
- SEPF 745 Spirituality within Diversity

Contact the Registrar for the appropriate forms. The cost of acquiring these record checks is the responsibility of the student.



Spiritual Direction

The Seminary requires that all individuals enrolled in the Formative Spirituality program receive individual spiritual direction on at least a monthly basis while in the program. Individual spiritual direction supports the on-going spiritual and psychological growth that is needed to be a facilitator of spiritual practices for others. It also helps students deal personally with issues raised in the process of training as they integrate them in light of God's love.

A resource list of local spiritual directors will be available to students to assist their search. The fee for spiritual direction is contracted privately between the student and their spiritual director and is the responsibility of the student. Successful completion of Individual Spiritual Direction (SEPF 727) will be accepted as partial fulfillment of this requirement.

Discernment

The art of discernment is core to the spiritual journey and therefore core to the Formative Spirituality program. So too, a candidate's journey through the program involves ongoing discernment of a call to the ministry of spiritual formation, both by the candidate and by the Formative Spirituality program team. If, after continued dialogue, it is discerned that the participant is not called to/not qualified for this ministry, the student may be terminated from the program.