



Spiritual Direction Certification Program
– Final Project Descriptions –
Graduation
22-February-2020
<http://metageminstitute.org>



Burns Rogers (Fairview, TN)

- ◆ Final Project Type: Spiritual Direction Offering within a Community
- ◆ Communities:
 - St. Philip's, Nashville, TN
 - St. David's, Nashville, TN
- This project involved offering an "Exploring Spiritual Direction" program, which was open to parishioners from two parishes in Nashville. A small group met monthly for 90 minutes for group spiritual direction. Each session opened with *Lectio Divina* followed by each participant having the opportunity to be the directee over the course of the gatherings. A variety of issues were explored to see how the Holy Spirit was at work in each participant's life.

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Kathy Wheeler-Scruggs (Tullahoma, TN)

- ◆ Final Project Type: Creative Approach to Spiritual Direction
- ◆ Title: "Dream Resource Packet"
- ◆ This project involved the creation of a "Dream Resource Packet" with three methods for working with nighttime dreams in spiritual direction. The *Color Your Feelings* method encourages one to focus on the feelings throughout the dream to identify connections, ideas, and issues that may be hidden but are influencing one's journey, nonetheless. The *Children's Story* method provides an opportunity to simplify a dream that may feel overwhelming. The *Collage* method works with the essences and senses that move throughout the dream helping to identify patterns and sequences in life which may need tending. Individuals who've used the resource packet state the methods are accessible and insightful.

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Katie Gray (Huntsville, AL)

- ◆ Final Project Type: Creative Approach to Spiritual Direction
- ◆ Title: “A Labyrinth Walk for Inner Dialogue in Spiritual Direction”
- ◆ Where spiritual direction can help facilitate the inward path toward faith, a labyrinth can mirror that journey with a walk toward a center, providing a directee with a physical pathway to connecting mind, body, and spirit.

This project involved using a labyrinth walk as a tool in spiritual direction. Such an approach can be a unique adjunct for some directees by providing an alternative method for unmasking inner dialogue via a moving, meditative practice.

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Kirby Henderson (Birmingham, AL)

- ◆ Final Project Type: Research and Reflection Paper
- ◆ Title: “How to be a Spiritual Companion to Children”
- ◆ Children, even very young children, have spiritual needs and a desire for a relationship with God. Every Christian is called to be in community with the children in their lives, but certain spiritual directors may feel called to be spiritual companions to children. This paper explores child development, children’s spiritual questions, and methods for being a spiritual companion to children.

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Pat Flowers (Birmingham, AL)

- ◆ Final Project Type: Research and Reflection Paper
- ◆ Title: “Spirituality and Sexual Orientation”
- ◆ This research included interviews with 8 people from the gay and lesbian community about how the church’s response to their sexuality has affected their relationship with the church and with God. The interviews explored what unique needs they might have in spiritual direction. The primary finding is that the church’s judgment and rejection of them, because of their sexual orientation, has created deep injury and pain that has been difficult and, in some cases, seemingly impossible to overcome. This harm has affected their relationship not only to the church but to God and to themselves. Spiritual direction may be especially helpful to individuals who feel disenfranchised by the Christian community and are seeking some way to experience God’s love and affirmation.

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Sandy Porter (Birmingham, AL)

- ◆ Final Project Type: Creative Approach to Spiritual Direction
- ◆ Title: “*Catechesis of the Good Shepherd* as a Tool to Enhance Spiritual Direction with Senior Adults.”
- ◆ The *Catechesis of the Good Shepherd* lessons provide opportunity for a quiet listening space. The format encourages children to listen to the Divine Voice and make a space for the Holy Spirit. As a trained Level 3 Catechist, Sandy noticed how the “stepping aside” of the Catechist to allow the Holy Spirit to do the work is similar to the role of the Spiritual Director. For this project, Sandy combined the practice of spiritual direction with *Catechesis* lessons and offered a creative approach to holy conversations with aging adults, especially those who are homebound or in retirement facilities. Regardless of age, the simple *Catechesis* lessons provide an invitation to draw one into the interior space where one can experience a deep sense of wonder of the love of God.

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Sedberry Murphy (Birmingham, AL)

- ◆ Final Project Type: Creative Approach to Group Spiritual Direction
- ◆ Community: St. Mark's Episcopal Church, Birmingham, AL
- ◆ This project involved designing and implementing a format to share spiritual direction practices for personal growth and to strengthen community within a parish. The creative approach theme was "Herstory Matters," which provided a sacred space with healing music, journaling, the *examen*, silent meditation, conversational prayer, poetry, mindful walking, small group work, and sharing stories about phases of life. Herstory/our stories weaved the sacred feminine qualities graced to us by the mystery of the Holy Trinity.

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Terry Proctor (Birmingham, AL)

- ◆ Final Project Type: Research and Reflection Paper
- ◆ Title: "Spiritual Direction with the Chronically Ill and Dying"
- ◆ This project involved research and reflection on the characteristics of spiritual direction with those who are dying, who are critically ill, or who are chronically ill. The final paper describes—from first-hand experience—the gifts and the challenges of being a spiritual director for the topic demographic.

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Trey Kennedy (Rainbow City, AL)

- ◆ Final Project Type: Creative Approach to Group Spiritual Direction
- ◆ Community: Project Horseshoe Farm
- ◆ Project Horseshoe Farm is a non-profit in Greensboro, AL that helps serve the health and well-being of the community, particularly vulnerable adults such as those who are elderly or live with mental illness or disabilities. This project established a Prayer Clinic as part of the Tuesday morning programming to complement the Health Clinic. The hope was to use the ethos and gifts of spiritual direction to provide a resource and service to a population that might not otherwise have the opportunity to experience anything akin to spiritual direction. This project could potentially provide the framework for other projects and programming to help disenfranchised and vulnerable adults experience and engage in spiritual direction.

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Please contact us for further information about any of these final projects or for details about Metagem's formation programs.

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