

BASIC E-COURSE INFORMATION

LS – Let Your Light Shine as a Spiritual Director

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COURSE INTRODUCTION

There's a moment most experienced spiritual directors recognize. It comes somewhere in the middle years of practice, after the initial anxiety of "Am I doing this right?" has settled, and before the deeper freedom of mature accompaniment has fully arrived. It's a moment of restlessness, a growing sense that the approach you worked so hard to learn is both genuinely yours and somehow not quite yours. The rules feel tight. The methods that once helped you find your footing now feels like they are getting in the way.

This course begins there.

The restlessness you're feeling is a signal that something is ready to grow. The directors I encountered while researching my book, *The Making of Modern Spiritual Direction*, including Father William Connolly, John Jungblut, Father Adrian van Kaam, and Tilden Edwards, all found their authentic voices only after a struggle with the methods of spiritual direction they inherited. The light they eventually brought to their directees was their own. But it took time, self-knowledge, and a willingness to examine what they had absorbed before they could tell what was genuinely theirs.

Letting Your Light Shine as a Spiritual Director is a four-week course for directors ready to build a framework for making more conscious choices about how you already practice.



WHO IS THIS COURSE FOR?

This course is designed for directors who already have foundational training and years of experience, and who sense it's time to move toward something more fully your own.

The irony of the course title is intentional. You can't generate the light. You can only remove what is hiding it: the unexamined assumptions, the borrowed methods applied without discernment, what I have jokingly come to call the "tyranny of training" that was given in good faith but is not the last word. What remains when those coverings are gently lifted is the irreproducible light that you as a director, with your history, your gifts, and your life in God, bring to the room when sitting with another human soul.

THE COURSE'S FOUR MOVEMENTS

The course moves through four weeks, each built around a clarifying question. **Week One** asks: *Do you know your own defaults?* The work is honest self-inventory, uncovering what your training taught you to do automatically, a necessary step before you can choose whether to follow those instincts or step beyond them. **Week Two** asks: *Do you know why you are here with this person?* The course introduces a framework centered on outcomes: what is this particular relationship working toward, and are you and your directee working toward the same thing? **Week Three** asks: *Does your approach fit what this person*

needs? This is the hardest week, mapping the full range of what a director can do and asking you to practice beyond your comfort zone. **Week Four** asks: *What would it look like to keep growing?* The course ends with a commitment to keep asking the same question, session by session: are you being shaped by your defaults, or by the particular person God has brought to you? Asking that question, again and again, is how the light keeps shining.

COURSE FORMAT

Let Your Light Shine is a four-week facilitated online course that takes place in Moodle (CenterQuest's online learning platform). Each week includes presentation content exploring a different aspect of letting your light shine: uncovering your current approach, discovering why outcome matters, expanding your repertoire, and committing to keep growing. Participation means asynchronous engagement with weekly presentations and active contribution to Moodle Forum discussions.

To begin the course, you'll complete a survey based on Father Shaun McCarty's dimensional framework to identify your typical tendencies and how much you adapt your approach for different directees. Aggregated, anonymized survey results will be shared to help the group understand its collective profile.

READINGS

The Making of Modern Spiritual Direction is the source from which this course draws its central ideas, its historical figures, and its framework. Although not a required text for this course, the is highly recommended reading.