



# Spiritual Direction Academy

**Donna Marie Pacheco, D. Min**

2533 Gaines Mill Drive, Virginia Beach, VA 23456-6833

Ph: 757 471 0683 Fax 757 471 4523

[dmzpacheco@aol.com](mailto:dmzpacheco@aol.com)

A Catholic Formational Ministry under the supervision of *New Creation Community*:

*A Member of the Catholic Fraternity: A Pontifical Private Association of the Christian Faithful*

## TWO YEAR COURSE OUTLINE

### September Opening Class:

- The Practice of Spiritual Direction by William Barry, SJ and William Connolly, SJ
- The goal of using this book is to get the students acquainted with the spiritual direction process and to help the person seeking spiritual direction to understand the process.
- Catechism of the Catholic Church
- Sacred is the Call. By Susan M. Buckley
- The goal of this book is to explore the call to spiritual direction as a sacred task and as a journey of faith: also to teach the process of direction for the 21st century.

### Reading for October's Class:

- Spiritual Progress: Becoming the Christian You Want to Be. By Thomas Williams, LC
- The goal of this book is to offer a simple, direct way to live daily life in the company of Christ with a greater understanding of His Word.
- New Seeds of Contemplation by Thomas Merton.
- The goal for this book was to help nurture within the students a deeply contemplative and mystical dimension of their lives.

### Reading for November's Class:

- Fire Within: By Thomas Dubay, S.M.
- This book is based on the writings of St Teresa and St John of the Cross. These teachings are based on the Gospel imperative of personal prayer and the call to holiness meant for every Christian. Thus the goal for this book is to increase students personal prayer life.
- The Way of the Pilgrim and the Pilgrim Continues His way translated by Helen Bacovcin (all one book).

### Reading for December's Class:

- Retreat Day - theme "Who Am I In Christ?" (and how did I get there?)

### Reading for January's Class:

- Story of a Soul Study Edition By Marc Foley, O.C.D.
- The goal of the session for students reading this book is to have them apply the spiritual insights of St. Therese of Lisieux to their lives.

### Reading for February's Class: Social Justice topics- you provided links:

- In All Things Charity: A Pastoral Challenge for the New Millennium  
<http://www.usccb.org/cchd/charity.shtml>
- Everyday Christianity: To Hunger and Thirst for Justice  
<http://www.usccb.org/sdwp/projects/everyday.shtml>
- Forming Consciences for Faithful Citizenship  
<http://www.usccb.org/faithfulcitizenship/FCStatement.pdf>
- This series of Social Justice article was recommended by the Office of Peace and Justice through the diocese for this session.
- What to Do when Jesus is Hungry, by Andrew Apostoli, CFR.

#### Reading for March's Class:

- Praying Scripture For a CHANGE, by Dr. Tim Gray. Topic Lectio Divina.
- The goal of this book with the teaching by Deacon Darrell Wentworth on Lectio Divina, is to allow the students the experience of this type of prayer in their life.

#### Reading for April Class:

- Spirituality and Moral Theology, Edited by James Keating
- The goal of this session is for the students to learn discernment as a process by which we learn how to remain in Christ, taking on His Stance toward life, allowing Him to inspire and direct our everyday choices.
- Screwtape Letters by CS Lewis

#### Reading for May Class:

- Topic :Sacrament of Marriage
- Love and Respect; The Love She Most Desires; The Respect He Desperately Needs, by Dr. Emerson Eggerich
- The goal of this session is to provide tools and guidelines for couples to work through marriage issues; being prepared prior to a problem causing undue stress.

#### Summer reading:

- Blessed Mother Teresa: Her Journey to Your Heart By T.T. Mundakel
- The goal of this book is to acquaint the students with Mother Teresa of Calcutta and her work in the slums of India, the founding of the Missionaries of Charity whose work was to provide "free service to the poor and unwanted".
- Introduction to the Devout Life By Frances De Sales
- The goal of this book is for the student to learn from Francis de Sales ways of attaining a devout life without renouncing the world; also the book offers prayers and meditations to strengthen ones prayer life.
- Healing the Shame That Binds You by John Bradshaw

#### Reading for September's Class

- Alcoholics Anonymous. By Bill W.
- Codependent No More. By Melodie Beattie
- Addiction and Grace. By Gerald May
- The goal of this session is to familiarize the students with addictions and how God's grace can have a major impact in the process of understanding addictive behaviors.

#### Reading for October's class

- Contemplation and Midlife Crisis: Examples from Classical and Contemporary Spirituality by Rosemary Carfagna OSU Paulist Press
- Toward Holy Ground: Spiritual Direction for the Second Half of Life by Martha Guenther
- The goal of this session is to illustrate in detail the midlife crisis; how it reveals humanity and affords persons of faith the chance to surrender more deeply to the power of God at work in their lives.

#### Reading for November's class

- Understanding Your Grief by Alan Wolfelt

- Praying Our Good-byes by Joyce Rupp
- Of Death and Dying by Elizabeth Kubler-Ross
- This session focuses on the spiritual aspect of loss, based on scripture and attitudes toward the suffering and death of loved ones, jobs, or financial struggles.

#### Reading for December's Class

- December Class: Retreat Day - theme "Who Am I In Christ?" (and how did I get there?).

#### Reading for January's class

- Discovering your God-given gifts by Don Fortune and Katie Fortune
- Discerning the charisms given you at baptism and helping others discern their charisms.

#### Reading for February's class

- Group Spiritual Direction by Rose Mary Dougherty
- The Examen Prayer. by Timothy M. Gallagher, OMV
- The goal of this session is to teach the students how to explore the possibilities of spiritual community within the context of group spiritual direction. The text presents group spiritual direction as a unique form of spiritual community which assists people in ongoing spiritual growth.

#### Reading for March's Class:

<http://www.usccb.org/laity/laymin/co-workers.pdf>

**Co-workers in the Vineyard of the Lord** taught by Deacon Darrell Wentworth

The goal of this session is to outline the USCCB's goals for the formation of Lay Ecclesial Ministers and the necessity for formation to be assisted by qualified Spiritual Directors.

Secondary goal is to explain the Spiritual Directors roles under local pastors and parishes as part of the ongoing formation of ministers and leaders in parishes.

#### Reading for April Retreat:

Practice of the Presence of God by Brother Lawrence

Of the Imitation of Christ by Thomas a' Kempis - A Spiritual Commentary and Reader's Guide by Dennis Billy, CSSR.

The Cloud of Unknowing by anonymous

Your Life In the Holy Spirit by Alan Schreck

This sessions goal is to present the Catholic Classics so the students will have an understanding of Jesus' teachings to men and women who strive for goodness and holiness in daily life and to harvest the fruit of a joyful intimacy with God. To remain in the Present moment with serenity and joy.