

SPIRITUAL GROWTH MINISTRIES

SPIRITUAL DIRECTORS FORMATION PROGRAMME

This two-year programme is personally challenging and requires a significant commitment of time, resources and energy. It provides a safe, supportive environment in which to explore one's own faith, while gaining skills and confidence in companioning others on their spiritual journeys.

Spiritual Growth Ministries' formation programme for spiritual directors offers unique opportunities for personal spiritual growth and exploration *and* comprehensive immersion in both the theory and practice of spiritual direction.

Wairuatanga is the term of the indigenous people of Aotearoa New Zealand for the two "waters" of the spiritual and the natural worlds and how they are always present in every aspect of life. This reflects the perspective of contemplative Christianity in which we pay attention to the "holy in the ordinary" and learn to respond appropriately to these divine moments or encounters. *Wairuatanga* is at the heart of spiritual direction and this formation programme.

Admission is by application and interview after which a place may be offered. Applicants are spiritually mature, and the programme focusses on development of informed and competent spiritual directors who may minister formally or informally in settings such as parishes, schools, chaplaincies, retreat centres, prisons, workplaces, in small groups or in personal *kanohi ki te kanohi* (face to face) sessions/conversations in person, or, increasingly, online.

Practical work includes the regular giving of spiritual direction under supervision, and is supported by reading and written assignments, and attendance at regular workshops. These events deepen participants' understanding of spiritual direction and offer plenty of opportunities to practice a wide range of relevant skills in a safe and supportive environment.

ADMISSION TO THE PROGRAMME:

Applicants will have a depth of experience of the spiritual life along with

- experience of receiving spiritual direction
- experience of aspects of contemplative Christian spirituality and attending directed retreats
- a degree of wisdom based on life and faith experience
- some understanding of human developmental psychology
- some experience of being approached by others for help with their spiritual journey

Pre- or co-requisites for participation in the programme may include:

- undertaking a counselling or skilled listening course
- gaining familiarity with personality type theory through a Myers-Briggs Type Indicator and Enneagram workshops
- attending a workshop in Christian dreamwork
- engagement in some theological reading or study
- New Zealand participants only: attending a Treaty of Waitangi workshop
- attending a silent, directed retreat of at least five days duration

For some people a **FOUNDATION YEAR** will be suggested to enable adequate preparation before entry into the Formation Programme itself.

PROGRAMME CONTENT:

The *kaupapa* or foundational principle of the Spiritual Directors Formation Programme is to promote the growth of the participant both as a person and as a spiritual director. It consists of two inter-dependent parts - the theory and the practice of spiritual direction.

THEORY

This consists of eight modules with reading, study, reflection guides and written assignments covering the following:

- What is spiritual direction?
- Relationships in spiritual direction: the director and directee.
- Discernment.
- Prayer.
- Psychological aspects of spiritual direction.
- Stages of spiritual growth.
- Engaging Culture.
- A special interest project.

PRACTICAL WORK

- Continuing to receive one's own monthly spiritual direction.
- Giving spiritual direction regularly to another throughout the programme.
- Attending **20 individual supervision** sessions spread over the two years, including presentation of verbatim and case studies.
- Attendance at **all 10 workshops**. Held in two or three locations around the country determined by predominant locations of participants. We offer 10 stand-alone workshop days Tamaki Makaurau/Auckland and, further south, workshops are offered in two-day blocks based in Te Whanganui-a-Tara/ Wellington and, if South Island participant numbers justify it, in Ōtautahi/Christchurch.
- Attendance is required at the *Kohanga Ako* (collaborative learning nest) July residential week in Year One. If this is not possible then acceptance into the programme may be deferred to the following year.
- Attendance at the second and final *Kōhanga Ako* residential weekend in November of Year Two.

Please note if a training workshop/event is missed, it must be attended in person the next time it is offered or the following year, to fulfil the programme requirements.

CONCLUSION OF THE PROGRAMME

In March, following completion of Year 1 and Year 2 course requirements, a letter of completion and a certificate indicating that all course requirements have been met are awarded.

Further queries should be directed to Fran Francis, Coordinator of the Spiritual Directors Formation Programme:

Email: fran.francis@sgm.org.nz Mobile: 027 4817 016

Outlines of Year 1 and Year 2 Workshops, along with the current fee structure, are provided on the next three pages of this document.

Spiritual Growth Ministries

Spiritual Directors Formation Programme Workshops

YEAR ONE:

ONE DAY EVENTS IN TĀMAKI MAKARAU/AUCKLAND

February	WHAT IS SPIRITUAL DIRECTION?
March	EXPLORING SPIRITUAL/RELIGIOUS EXPERIENCE
May	RELATIONSHIPS IN SPIRITUAL DIRECTION
September	RESISTANCE & FEELINGS IN SPIRITUAL DIRECTION
November	WHO IS GOD FOR THE DIRECTEE?

LOWER NORTH ISLAND TO DEEP SOUTH – WELLINGTON (possibly also Christchurch)

February	WHAT IS SPIRITUAL DIRECTION <i>and</i> WORKING WITH SPIRITUAL EXPERIENCES (2 days - Wellington)
May	RELATIONSHIPS IN SPIRITUAL DIRECTION (1 day -Christchurch)
September	FEELINGS AND RESISTANCE <i>and</i> IMAGES OF GOD (2 days- Christchurch)

SOUTHERN GROUP: To spread the travel costs more evenly for those in less-populated parts of the motū, we offer a combination of 2-day blocks and 1-day workshops across both years. However, participants are welcome to attend any workshop at the location and date which suits them best.

NB: The above venue locations are indicative only, as southern venues are subject to change according to the number of participants i.e. few or no South Island participants will result in Wellington being the main additional location.

The Year 1 KŌHANGA AKO RESIDENTIAL EVENT (six days) held in July at St Francis Retreat Centre, Hillsborough, Auckland Central.

Topics covered in this event include Contemplation; Working with Difference; Prayer & Personality; Discernment; Sexuality and Spirituality; Power, Ethics & Boundaries; Dreams & Spiritual Direction.

Practical work includes role plays, practice of spiritual direction in trios with an observer, engagement in a variety of approaches to prayer, discussion of the giving and receiving of spiritual direction along with opportunity to lead contemplative prayer for the group.

YEAR TWO:

ONE DAY EVENTS IN TĀMAKI MAKARAU/AUCKLAND

February	PERCEIVED ABSENCE OF GOD (Southern group commences in March)
April	THE DEVELOPING JOURNEY (Southern – 2 days)
June	JUSTICE ISSUES IN SPIRITUAL DIRECTION

August	LOSS, GRIEF & ABUSE ISSUES IN SPIRITUAL DIRECTION (Southern – 2 days in September for workshops 9 & 10)
October	DEEPENING OUR WORK AS DIRECTORS

LOWER NORTH ISLAND TO DEEP SOUTH

February	DEEPENING OUR WORK AS DIRECTORS (1 day)
May	THE DEVELOPING JOURNEY & JUSTICE ISSUES (2 days)
September	GRIEF, LOSS & ABUSE IN SD & DEEPENING OUR WORK (2 days)

The Year 2 KOHANGA AKO WEEKEND RESIDENTIAL EVENT is held in November and focuses on CREATIVITY AND SPIRITUALITY.

PROGRAMME COSTS FOR 2025/2026 cohort

SGM is a charitable trust, and the Spiritual Directors Formation Programme is anchored in formation rather than academia therefore Studylink funding through NZQA is not available. We encourage you to explore the options for financial support closest to you. For example, denominational training funds, local congregations, trusts, or educational funds may be able to assist with costs.

We have no buildings or vehicles; we don't rent offices or have fancy coffee machines. We run a lean "number 8 wire" operation. Our main expense is wages. Fees support people who, if you are accepted, you will meet and come to know. Formation programme fees pay our hardworking staff of workshop facilitators, website manager, administrator, and markers a Living Wage. We think that's important.

APPLICATION FEE (non-refundable) \$50.00 if before 20 September, \$100 if after that.

ACCEPTANCE DEPOSIT FEE (non-refundable). An acceptance deposit of \$300, payable by ??, is required to confirm SGM's offer of a place in the Formation Programme. This is counted towards your programme fee, providing you continue with the programme. Should you decide to pull out after confirming acceptance, this deposit is retained, to offset the work put into setting up your arrangements for supervision, marking, website access, etc.

COURSE FEES FOR 2025

YEAR ONE (2025) The course fee for New Zealand citizens/residents is NZD \$4,299.00. For others, the course fee is \$5,299. The residential week fee for the Kōhanga Ako in July is estimated as \$700.00 (includes accommodation, food and linen, and is subject to change), charged separately. Both figures include GST*.

YEAR TWO (2026) The course fee for New Zealand citizens/residents is NZD \$4,299.00. For others, the course fee is \$5,299. The residential fee for the second Kōhanga Ako in November of Year Two is estimated at \$250.00 charged separately (includes accommodation, food and linen, and is subject to change). Both figures include GST*.

*GST at time of publication is 15%.

New Zealand residents/citizens may apply to SGM for a financial support grant of \$500.00. Availability is limited.

New Zealand residents/citizens may apply to SGM for the Formation Programme Scholarship, which covers the first-year course fee and residential cost. One scholarship available per year, for first year participants only.

Enquiries regarding the support grant or scholarship should be directed to admin@sgm.org.nz

These funds are provided by the manaakitanga (loving support) of the contemplative Christian community in Aotearoa New Zealand and are available at SGM's discretion and as funds allow.

Payment options are (1) full payment, (2) two equal instalments (plus \$25 admin fee per payment), or (3) four equal instalments (plus \$25 admin fee per payment).

The SWIFT code is WPACNZ2W and the bank account is 030166 0198782 00. The physical address of the bank is:

Westpac Branch Howick
19 Wellington ST
Howick
Auckland 2014
New Zealand

Note: A more comprehensive schedule of fees, costs and payment options will be provided on acceptance into the Formation Programme.

ADDITIONAL EXPENSES TO NOTE:

To the above you will need to add the cost of:

- books (approx. \$200).
- supervision spread over two years (20 sessions at approx. \$80.00 per session, although costs vary according to individual supervisors).
- your own spiritual direction (again, costs will vary).
- travel to and from workshops.
- travel to and from the Kōhanga Ako Residential Event (Year One) and the Kōhanga Ako final weekend (Year Two).
- a five-day silent retreat (if not already attended).
- any co-requisite workshops (e.g. Dreams, MBTI, Enneagram, Treaty of Waitangi, theology or skilled listening).