



COURSE IN  
SPIRITUAL DIRECTION  
2022-2023

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CENTER FOR SPIRITUALITY  
PRETORIA



## COURSE IN SPIRITUAL DIRECTION

Presented by the CENTER FOR SPIRITUALITY  
The Circuit of Southeast Pretoria Of The Dutch Reformed Church

In collaboration with



### PURPOSE

The Lord uses our spiritual disciplines (habits of faith) to teach us to live closer to Him. Spiritual direction is one of the most valuable faith habits, because it repeatedly helps you to return to the reality of your life.

A spiritual director is a person with whom you can converse about all aspects of your life, who is a witness to your life and your path with God, towards whom you feel accountable, who helps you to see more clearly where God is present in your life, and ultimately facilitates a deeper relationship with God.

The aim of this course is to learn the art of spiritual direction by practicing the theory in depth. Participants personal and spiritual development is thoroughly facilitated during the course.





## BACKGROUND

Since its inception in 2006, the course falls under the Centre for Spirituality of the Circuit of Southeast Pretoria of the Dutch Reformed Church, but also joins Excelsus, the Centre for Further Development of Ministry at the University of Pretoria. Ministers can earn 150 CPD points for completing the full course.

The course was started in 2006 by a Franciscan nun, Sister Mary Fisher. Later, she and Dr Willem Nicol joined forces to present the course together. In 2013 she returned to the USA, but her legacy in spiritual direction and contemplative spirituality lives on in the spiritual landscape of South Africa.

All denominations are welcome to sign up for the course, and the books prescribed are sourced from contemplative spirituality and theology. The spirituality to which you will be exposed, will take you on a journey and is more encompassing than the traditional and mainline religious paths.

The language of instruction for the course is English.

We encourage participants who are older than 34 years of age.

## FACILITATORS



**Marina Strydom**

Course director and full-time pastor since 2000 of the Dutch Reformed Church Pretoria East. She obtained a PhD in Spiritual Formation and has been a practicing spiritual director since 2009. She is passionate about introducing and promoting contemplative spirituality.



**Stefan Botha**

Full-time pastor of the Dutch Reformed Church Andrew Murray, Pretoria. He has been pastor in the Dutch Reformed Church since 2001. He has a master's degree in clinical pastoral therapy, experience in therapeutic work and has been a practicing spiritual director since 2007.



**Suzette Fischer**

Qualified international Enneagram specialist and training associate of The Narrative Enneagram (TNE) worldwide. She is a professional member of the International Enneagram Association (IEA) and have presented workshops and training programs to small groups, spiritual directors, business executives and government CEO's. She has been a spiritual director since 2011.



**Bertus Swanepoel**

Registered Counselling Psychologist in private practice since 2008. He initiated the South African Chapter of the Association for Contextual Behavioural Science, and experienced first-hand the difference that Mindfulness approaches made to his own and his clients' lives. Bertus completed the course in Spiritual Direction in 2020 and focusses on the treasures found at the interface of Psychology and Spirituality.





### **Willem Nicol**

Freelance pastor of the Dutch Reformed Church. Willem was in full-time student ministry of the Dutch Reformed Church in Pretoria for 33 years. He has two doctorates, one in New Testament and the other in Systematic Theology. His experience in developing deep spiritual growth is imparted through various books, retreats, and courses.



### **Margaret Blackie**

Spiritual director trained by the Jesuits in the United Kingdom. She has been a practicing spiritual director for 20 years, and trains spiritual directors in the Ignatian tradition. She is the author of 'Rooted in Love: Integrating Ignatian Spirituality into Daily Life' and 'The Grace of Forgiveness'. Margaret comes from a Roman Catholic background. She teaches at Stellenbosch University in chemistry and theology.



### **Barry van der Merwe**

Pastor in the Dutch Reformed Church for 32 years, before relocating to the Origins Retreat Centre of Mosaic congregation in 2013. Retreats have been an integral part of his life for more than twenty years, and Barry has a passion for the contemplative spirituality. He focusses on helping people to become aware of God's presence through silence, art, music, and poetry.



### **Trevor Hudson**

minister of the Methodist Church of Southern Africa for over 40 years. During this time, he predominantly focused on the ministries of spiritual formation and spiritual companionship. Presently he teaches in these areas at Fuller Seminary, Gardner-Webb University (doctoral programs) and the Renovaré Institute for Spiritual Formation in the USA, at Stellenbosch University (Master's Program in Missional Spirituality), and with the Jesuit Institute of SA.

## CONTENTS AND EXPECTATIONS

1. The theory of modern spiritual direction and its intense, persistent practice. Development of listening skills.
2. Theory, experiential learning and personal practice regarding the Enneagram, processes of inner transformation, God's grace in our lives, learning a psycho-spiritual approach, spiritual formation and more.
3. Deepening your own personal path with God. Developing your faith habits (spiritual disciplines). Personal inner transformation. Learning to consciously live in the presence of, and closer to, God. Discernment.
4. A compulsory guided weekend retreat in year 1, and a compulsory guided 8-day (7-night) silent retreat in year 2, will be required as part of the course. During the 8-day (7-night) silent retreat, you will see a spiritual director on a daily basis.
5. You are expected to have a minimum of 20 sessions with a spiritual director for the duration of the course.

## DATES

**NB:** Before submitting your application, please ensure that, should you be selected, that you will be able to attend all modules and comply with the requirements of the course.

### 2022

21-25 February	Introduction	Origins
19-21 April	Willem Nicol	Ooskerk, Pretoria
21-23 June	Marina Strydom	Ooskerk, Pretoria
23-25 August	Bertus Swanepoel	Ooskerk, Pretoria
25-27 October	Suzette Fischer	Ooskerk, Pretoria
1 December	Morning reflection	Zoom

### 2023

21-23 February	Stefan Botha	Ooskerk, Pretoria
25-27 April	Margaret Blackie	Ooskerk, Pretoria
20-22 June	Barry van der Merwe	Ooskerk, Pretoria
22-24 August	Trevor Hudson	Ooskerk, Pretoria
24-27 October	Final review	Origins
24 November	Dedication	Ooskerk, Pretoria

## COSTS

Deposit on application: R1,000 (refundable if application was not successful)

Tuition fee: R14 000, payable in 20 monthly instalments of R700, on the 26th of every month, from February 2022 - November 2023

### You should also make provision for the following:

- Two modules (February 2022 and October 2023) at Origins. Budget +/- R4,300 (single accommodation) or +/- R2,500 (dormitory) inclusive of all meals and accommodation for 7 nights
- Weekend silent retreat in 2022 at a retreat centre of your choice +/- R1,400
- “8-Day (7-Night)” Silent Retreat in 2023, at prescribed retreat centres +/- R4,500
- Spiritual direction: 20 sessions @ R400 per session = R8,000

## APPLICATIONS AND SELECTIONS

Applications close **Monday 13 September 2021**.

From the first 25 applications received, 13 applicants will be selected.

The selection process will require completion of an application form, accompanied by a recent photo, as well as an interview with the panel of organizers, in person or via zoom.

The outcome of the selection process will be communicated by the end of October 2021.

### Procedure for application:

- Send an email to [info@sd-za.org](mailto:info@sd-za.org)
- If you are one of the first 25 applicants, you will be requested to pay a R1,000 deposit (refundable, if your application is unsuccessful).
- On receipt of the deposit, the application form will be emailed to you.
- Before submitting your application, please ensure that if selected, you will be able to attend all modules and comply with every requirement of the course.