

Sister Jeanne Ranek, OSB, has conducted an ecumenical training program for spiritual directors since 1990. Spiritual director to numerous men and women, she has taught at high school, college and graduate levels. She earned a PhD from the University of Notre Dame and a DMin from the Graduate Theological Foundation with studies at Oxford University. Jeanne is a member of Spiritual Directors International. She has served as President of the American Benedictine Academy, board member for Monastic Interreligious Dialogue, and Executive Director for the Association of Benedictine Retreat Centers. She currently ministers as Director of the Benedictine Peace Center, spiritual director and educator and as retreat director and facilitator for monastic communities in the US and abroad.



Sister Mary Jo Polak, OSB, has offered retreats and spiritual direction for more than 25 years. A Licensed Professional Counselor, Mary Jo earned Master's degrees in theology from St. Meinrad in Indiana and guidance and counseling from the University of Missouri-KC. She holds certificates in spiritual direction from The Shalem Institute, Washington, D.C., and in monastic studies from St. John's University, Collegeville, MN. In 2012, Mary Jo transferred to Sacred Heart



Monastery from Our Lady of Peace Monastery in Columbia, MO, where she served in vocation and formation ministries and as prioress. She currently serves as retreat leader and spiritual director at the Benedictine Peace Center and assists with public relations and music ministry for the monastic community.

Sister Doris Oberembt, OSB, brings many years of experience as a spiritual formation minister to her role as Program Co-Director. She taught at the elementary level and at Mount Marty College prior to serving 23 years in parish adult education and faith formation ministry. She earned an MA at the University of South Dakota and a Certificate in Corporate Ministry from St. Louis University. Doris has extensive experience in spiritual direction ministry. For 20+ years, she was Formation Director at the Monastery guiding new community members in vocation discernment and formation for monastic life. She currently serves as retreat leader, spiritual director and trainer at the Peace Center.



How to Apply for a Tutorial Program

Individuals wishing to inquire or apply for a tutorial program may contact us to explore opportunities of interest. E-mail us to arrange a time for a visit in person or via Skype or phone.



Visit Our Website

www.yanktonbenedictines.org/Center

Benedictine Peace Center

BenedictinePeaceCtr@mtmc.edu

(605) 668-6292

at

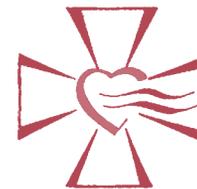
Sacred Heart Monastery

1005 West 8th Street

Yankton, SD 57078

Tutorial Learning

Spiritual Direction Ministry Formation



Benedictine Peace Center

Yankton, South Dakota

www.yanktonbenedictines.org/center

Spiritual Direction Ministry: A Formative Learning Opportunity

Rooted in the ancient monastic tradition—a taproot for spiritual direction practice—this program embraces the accumulated wisdom of centuries as well as contemporary psychological skills and insights.

Spiritual guidance is practiced in all the world's great spiritual traditions. Christian tradition views this ministry as gift, a call from God that is authenticated by its fruits and nurtured by training designed to deepen one's capacity for serving as a spiritual guide.

This formative program is designed to prepare individuals called to spiritual direction ministry with a combination of academic and experiential components designed to gain essential knowledge and fine-tune skills for this ministry.



This formative educational tutorial is designed for women and men, clergy and lay, of various Christian faith traditions who feel that God may be calling them to companion others on the spiritual journey or whose current ministry already casts them in the role of spiritual guide.

May Christ dwell in your hearts through faith, as you are being rooted and grounded in love. Eph 3:17



Eligibility requirements include: personal maturity; commitment to personal prayer; adequate grounding in Scripture, theology, and psychological principles; ongoing engagement in spiritual direction with a qualified director of one's choice; and willingness to reflect on one's inner experience and to share reflections on required readings.

This tutorial usually covers four terms over a two-year period and includes a two-day residency each term. Successful completion of all components of the program leads to a Certificate in Spiritual Direction Ministry.

Program Content

- ◇ Classical and contemporary insights into the nature of spiritual direction ministry
- ◇ Jungian and other psychological insights for spiritual development
- ◇ Wisdom from the Christian mystics and classical writers
- ◇ Skills practice for effective listening, affirmation, nonverbal communication, and congruence
- ◇ Spiritual Discernment
- ◇ Dialogue on selected topics: prayer and contemplation, stages of spiritual development, dreams, Myers-Briggs, Enneagram, sexuality, grief, shame and guilt, forgiveness, healing and professional ethics
- ◇ Supervised practicum in spiritual direction ministry
- ◇ Four two-day residential retreats

