



Spiritual Practices and Disciplines

Archdeacon and Director's Conference: Open Space Notes - Spring 2014

Every year, AED convenes a large group of Archdeacons and Deacon Directors for a professional learning lab. Using [Open Space Technology](#) methods to shape the discussion, these experts in diaconal formation and management of deacon programs provide peer review of adaptations made in their local programs, or raise timely issues for general discussion. Discussion notes are kept. These "Open Space Notes," while often written informally, provide the best and most recent thinking on a variety of diaconal theological and management challenges by a body of experienced deacons with a wealth of knowledge. Names listed are those of the Conveners. Contact information to initiate further discussion may often be located in the [Directory of Deacons](#) published by AED annually.

Convened by: Douglas Argue, Diocese of Southern Ohio

- Elements of Prayer summaries
- Conversation about what other formation programs are doing.
- For the past 2 years in S. Ohio Doug has been doing this requirement
- Question - does diocese require spiritual direction as a part of the process?
- How do reports invite conversation about the application of prayer in a variety of practical and accepted ways?
- AZ-Postulancy--4-5 months for an evolution of a rule of life.
- Rule of Life shared with spouse, partner and patterned after the rule by the Community of Reconciliation at WNC
- Journaling on Scripture and World Events!!!! Brilliant! Shared as the group gathers. Shared without commentary.
- In conjunction with Spiritual Direction
- Follow up with how active is your rule?
- ME-Deacon working on Rule of Life questions as part of the assessment and imagining how it may have to change post ordination.
- Winter Retreat is nearly always a quiet one. Sabbath and Rest as integral components of the Winter Retreat.
- Enneagram work as a connection piece with Human Awareness and Understanding to help understand how we 'typically' respond or relate to the movement of the Divine in one's life.
- Labyrinth as an expression of Spiritual Practices (also with S. OH)
- Exposure to tools.
- Composition of prayers in particular with the Collect. Using index cards for different components to share names, petitions and approaches to one's perceived needs or desires from God.
- Using a line from a Psalm and passing along to write another Psalm for use in corporate worship based on the context and events of the lives of those who are in formation.
- Writing Prayers of the People.



- Annaleigh (Eastern Michigan)-not 'learning about' but 'learning to' Doing and Being in tandem. requiring Spiritual Direction.
- Retreat at the beginning of every class. 'Commit' program.
- Small Group Spiritual Direction
- Second year was a less directed retreat
- Third year was a silent undirected retreat with trained spiritual director in residence.
- Friday night beginning of each gathering was steeped in the spiritual component of God's action and presence in the lives of the nominees. (Monthly for 3 years).
- 'Always We Begin Again' a paraphrase of the Benedictine Rule (AZ)
- SSJE Rule of Life Meditations (ME) all of those available
- All Saints: Daily Reflections (W NC)
- Spirituality Class as separate from the Friday night (E MI).
- Self Assessment at the end of the time.
- Silence as a means of self identifying anxiety.
- Invitation vs. requirement as a means of exposing students to various practices from the tradition of the church throughout the ages.
- 50 Ways to Pray-updated version of the Ignatian Examen
- Spiritual Direction as a shared value and important piece of ongoing formation and self-care.
- How about the idea giving more mystical theology? Desert Fathers and Mothers?
- Felt experiences of God.
- Apophatic vs. Kataphatic ways of engaging God's presence and power in the lives of God's People
- "The Christian of the future will be a mystic or there will be no Christians at all."-Karl Rahner
- "Discover Your Spiritual Type" by Corinne Ware
- Contact Warren if you want information of discovering your spiritual type worksheet
fr.warren@gmail.com
- Compiled list of Spiritual Directors
- 12 Step working groups.
- 'Breathing Underwater: Spirituality and the Twelve Steps' by Richard Rohr
- 'Recovering from our Cultural Addictions' curriculum from Jenny Gregg and the Berkshire School of Servant Leadership in Western MA
- Celtic Spirituality
- Liberation Theology
- Non Christian Spirituality-Zen, Buddhists, Reiki
- Assessment-student returns and telling that how it impacted their spiritual lives.
- Completion and engagement. Ember Day Letters as a way of evaluating completion?