# Selah

CERTIFICATE IN SPIRITUAL DIRECTION

Selah-East & Selah-West | *A Spiritual Direction Certificate Program*

## 2027 -2029 COHORT

Selah: A biblical word connoting a reflective pause, a listening attentiveness in the word-crafted space of our salvation life. It suggests that the conversation going on in this space has value, and meaning, and reveals God's work in us.

At LTI we like to think of this as describing what goes on in spiritual direction as, with and on behalf of another, we are prayerfully attentive to God in this wide open space of his ongoing salvation work, where we are being shaped, by the Holy Spirit, ever more fully into the image of Christ!

### Program Intent:
### *Trinitarian, Contemplative, Biblical*

Selah is intentionally Trinitarian in theology—spiritual direction is paying attention to how God the Father is actively shaping a person's life through the Holy Spirit in ways that form them ever more deeply into the image of Christ.

Selah is intentionally contemplative in style—characterized by an attentive resting in Christ's presence in the direction time, noticing the movement and activity of the Holy Spirit.

Selah is intentionally biblical in grounding—drawing our understanding of God and his ways from the Scriptures.

In this threefold context, we grow from the wisdom and experience of the Church, through readings in the historical and contemporary classics of spiritual formation, and through the learned practice of spiritual direction together in a residency-style format (Five 3-night Residencies over two years – 15 retreat center days & nights in total).

### Curriculum

Spiritual direction occurs in community—the community of the Trinity, as experienced in the community of spiritual direction. Likewise, our learning of spiritual direction is a communal learning, in the context of which we bring together classic content with lived experience. For this reason we keep our cohorts small, with only 12-18 in each.

*"Let your love, God, shape my life with salvation, exactly as you promised...*
*And I'll stride freely through wide open spaces as I look for your truth and your wisdom"*
*Psalm 119:41,45 (The Message)*

Residency retreats begin and end each day with a contemplative framing of Morning Prayer and Compline. Our mornings together offer spiritual formation teaching on the rhythms of the spiritual life, informed by the Scriptures and the classics of spiritual theology. Our afternoons follow prayerful reflection in times of silence and solitude with small group spiritual direction practice, leading into evenings of interactive group discussion before entering rest.

Additionally, Selah's instructional experience will offer each intern a mentoring/ supervision relationship with one of our faculty, meeting for supervision in-person or online five-to-six times each year (with a combination of both one-on-one and Supervisor-facilitated peer group supervision). In these relationships, interns will receive encouragement and feedback on their practice of spiritual direction as well as around their interaction with and appropriation of the course material.

Selah's Reading List is a compilation of classic and contemporary writings on the spiritual life in general, as well as on spiritual direction in particular. We seek to read prayerfully, and responsively, in that all that we read, reflect on, share, and practice in Selah is meant to be in ongoing conversation with the Lord. We do not give out the entire Reading List ahead of time, rather we assign it in segments as we prepare for each Residency (this allows us to continually finesse our offerings, in response to the Holy Spirit's shaping of Selah while shaping each of us!). We are glad to answer any curricular questions you may have as part of your interview conversation.

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## Residential Model

We believe that the skills necessary to attentive listening are learned best in attentive space, away from the busyness and distractions of daily responsibilities. Hence Selah is designed around five 3-night retreats (Residencies) over a two-year period, where we teach and practice, pray and reflect while staying together at a beautiful, peaceful, prayerful retreat center. Woven throughout the two years, participants will engage in continued course work (reading and reflective exercises) and course practice (offering spiritual direction), which will provide much of the growth we bring into our times together. [Note: The Residency curriculum follows a two-year sequential outline, beginning with the Orientation Residency the first spring and ending with the spring Residency two years later. It is not possible to enroll in Selah mid-cycle, or to spread out attendance over several years; applicants must commit to attending all five residencies on the dates advertised.]

## Residency Locations & Dates

**Each Selah cohort will meet in-person five times over the two years, at the retreat centers and on the dates listed on Selah's homepage. We ask you to arrive by 3:00pm on the starting day (for a 3:30 opening gathering), and to stay through our closing at noon on the closing day.**

## Application Timeframe and Details

The application process is one of shared discernment between the applicant and Selah, as together we seek to discern both a call to spiritual direction training and to the Selah program in particular. Our desire is to form a cohort of people whom the Lord has been preparing to bring together in this program and at this time.

- Once we receive your Application Form and essay, your application fee (payable on the Application Form), and the reference forms from your references (there's a link to use for this on the Application Form), your application file will be complete.
- We will email you to ask for a follow-up interview (via Zoom or FaceTime)
- Applicants will be notified of their status within 3-4 weeks of having been interviewed.
- Cohorts are filled based on our discernment of an applicant's fit with Selah, while also seeking to honor the applicant's timeliness in applying as well as the make-up of the cohort as a whole.
- Scholarship assistance: Applicants are encouraged to begin their exploration of scholarship assistance with their parish. If additional assistance is required, you may explore this as part of your Selah interview conversation.

## Selah Applicant Qualifications

- A developmental maturity that demonstrates consistent experience of intentional nurture of your life in God. This should include practices of prayerful Scripture reading, prayerful reflection, personal retreats, and received spiritual companionship.
- A previous experience of being companioned in paying attention to your life in God. While this may have been experienced primarily as a mentoring/discipling/soul friend model, interns enrolling in Selah are expected to have begun meeting with a trained spiritual director by the time of your application to Selah, and to continue to meet with your director regularly (monthly) through the course of your training.
- A felt call to companion others in their growing attention to God's presence and shaping work in them, in ways that are contemplative in style.
- A demonstrated experience of having offered spiritual companionship to others. While this may have been in a mentoring or soul friend model in the past, once you enroll in Selah you are expected to begin offering formalized spiritual direction to at least 2 people within the first few months of the program.

Note: Applicants may find it helpful to have read the following before applying, in order to be familiar with distinctives of language and practice that characterize Selah:

**Smith, Gordon,** *Spiritual Direction: A Guide to Giving and Receiving Direction*
**Benner, David**, *The Gift of Being Yourself*
**Benner, David,** *Surrender to Love*
**Mulholland, Robert,** *Invitation to a Journey*
**Mulholland, Robert**, *Shaped by the Word*
**Peterson, Eugene**, *Eat This Book*

## Tuition & Fees (all in USD, all non-refundable)

Tuition & Fees

- $50 application fee (due with online application)
- $850 enrollment fee (nonrefundable, payable upon acceptance of a place in the cohort) [may be partially refundable up until the start of the first Residency if the place can be filled by someone from the Waiting List]
- $8,450 tuition (covers all program costs, including full lodging and meals for all Residency stays at retreat centers, and Supervision oversight for the full 2 years; does not cover travel or books, or meeting with your own spiritual director)

Tuition payment options:

- Tuition may be paid in full one month before the first Residency retreat, or in 5 or 20 monthly installments over the two years (Note: monthly installments will be automatically charged to a major credit card starting one month before the first Residency retreat and incur a small credit card processing fee). Students are responsible for their own book purchases and travel arrangements.

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## Certificate of Completion

Upon satisfactory engagement with and completion of all course requirements, the student will be awarded a Certificate of Completion of LTI's Selah Program. While this certificate indicates a process of discernment of and training in a call to the ministry of spiritual direction, it does not guarantee that one is called to or proficient in a ministry of spiritual direction. Confirmation of one's call as a spiritual director is granted by the Holy Spirit, and experienced through the Spirit's work in the director and their practice in the context of the community of faith.

## Selah Faculty

For a list of Selah Faculty, including Supervision Faculty, visit: www.leadershiptransformations.org/selah. Clicking on each person's name and photo will give you more details!

## Contact Information

**For additional information or help in the discernment process, please contact the Associate Director listed on Selah's homepage.**

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