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# STILLPOINT

Programs in Spiritual Direction and Contemplative Prayer

Dr. Kathleen R. Flood, OP, Executive Director

[www.stillpointnashville.org](http://www.stillpointnashville.org)

615-329-2555

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## FOUNDATION COURSE

### EXPLORING THE SPIRITUAL JOURNEY

### and SPIRITUAL DIRECTION

## 2007 - 2008

This is the foundational program of study, community, and preparation for individuals who sense a call to serve as spiritual companions to others, either one-on-one or in small groups. *Exploring the Spiritual Journey and Spiritual Direction* is also for persons desiring to deepen their own spiritual formation.

The course provides participants with an opportunity to explore the basic aspects of Christian spirituality as they relate to growth in the Christian spiritual life. Dr. Kathleen R. Flood, OP, will lead this program with assistance from other Stillpoint faculty members.

Acceptance into this program is based on a completed application form and a personal interview.

#### STILLPOINT

is . . .  
community  
prayer  
silence

with . . .  
holy  
conversation  
holy  
listening

in a . . .  
contemplative  
small group  
setting.

#### Program

Each session includes presentation, discussion, and participation in a spiritual direction group. Meeting time is from 9:00 a.m. to 3:00 p.m. on Saturday.

Cost: \$575.00

#### Dates

September 1  
October 6  
November 3  
December 1  
January 12  
February 2  
March 1  
April 5  
May 3

**For an application please contact STILLPOINT**

[www.stillpointnashville.org](http://www.stillpointnashville.org),

615.329.2555, or

1007 18th Ave. So., Nashville, TN, 37212.

Send your name, address, e-mail, and phone number.