

**Course of Study School**  
**COS 113: Pastoral Care for Spiritual Formation**  
**Fall 2010 - September 17-18 / October 15-16**

"There is a great deal of pain in life and perhaps the only pain that can be avoided is the pain that comes from trying to avoid pain."  
- R.D. Laing, Scottish Psychiatrist

Dr. Brad A. Binau  
Trinity Lutheran Seminary  
2199 East Main Street  
Columbus, OH 43209  
614-235-4136 x4674

[bbinau@trinitylutheranseminary.edu](mailto:bbinau@trinitylutheranseminary.edu)

### **I. Course Description**

Exploration of the caring presence and actions of the pastor as a form of spiritual leadership and formation. Skills of effective pastoral care will be presented and practiced, including effective listening and response skills, awareness of cultural differences, timely intervention, and appropriate referral. Students will be encouraged to reflect on their personal strengths, need for growth in developing relational skills, self-care, and the development of personal spiritual practices - all in the context of the community of faith.

### **II. Course Objectives**

1. Development of the pastor's identity as a spiritual leader and care giver, with emphasis on the need for continuing spiritual and professional growth.
2. Instruction, practice, and feedback on basic communication skills including verbal and non-verbal communication.
3. Examination of basic methods for dealing with developmental issues and life crises, including when and how to refer to other sources of assistance.
4. Exploration of ethical issues including confidentiality, personal and professional boundaries, and the pastor's legal responsibilities.
5. Introduction to Wesleyan understandings of spirituality and spiritual practice.

### **III. Required Reading**

**To be read prior to September 17:**

Dittes, James. *Pastoral Counseling: The Basics*. Louisville, KY: Westminster John Knox Press, 1999. 176 pp. **ISBN: 0664257380**

Kornfeld, Margaret. *Cultivating Wholeness: A Guide to Care and Counseling in Faith Communities*. New York: The Continuum International Publishing Group Inc., 2001. 400 pp. **ISBN: 0826412327**

Minatrea, Milfred. *Shaped by God's Heart: The Passion and Practices of Missional Churches*. San Francisco, CA: Josey-Bass, 2004.

**To be read prior to October 15:**

Guenther, Margaret. *Holy Listening: The Art of Spiritual Direction*. Cambridge, MA: Cowley Publications, 1992. 146 pp. **ISBN: 1561010561**

Wimberly, Edward. *Recalling Our Own Stories: Spiritual Renewal for Religious Caregivers*, 1997. Jossey-Bass. 176 pp. **ISBN: 0787903639**

<p>"The genius of the book is that it provides the means by which a speaker can be linked to a listener without being in the same room or in the same century." – Eugene Peterson, <i>Working the Angles</i></p>
--

#### **IV. Assignments**

Your written work is for the instructor only and will be treated as confidential. A hard copy of your assignments will be due at the beginning of class on the due date, with the exception of the first assignment which is to be sent prior to 9/10/10. On all assignments please observe the following:

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

All pages need to be numbered.

All assignments should be typed (no exceptions) in a 10-12 pt. font and double-spaced.

Whatever you write beyond the maximum number of pages allowed for the assignment will not be read. (No kidding on this.) Pastoral ministry almost never affords us the opportunity to express ourselves at great length in written form. The longest form of self-expression we typically enjoy is a sermon. These assignments are structured to help you express yourself succinctly.

Assignments should include a list of "References" or "Works Cited" at the end with a complete bibliographic citation. Material cited from one of these sources can be noted in the body of the text in parentheses. For example: (Kornfeld, p. 205) or (Guenther, p. 6) or (Tillich, *The Courage to Be*, p. 52).

Students involved in theological education should be able to use the English language correctly with regard to grammar, spelling, syntax and overall clarity of expression. More than two errors per page will normally result in some reduction of the overall grade for an assignment.

Keep copies of *everything* that you hand in.

*Note about submitting work electronically:* Hard copies of all assignments are due at the beginning of the respective sessions as noted below. If you wish, you may submit your assignments *electronically* any time prior to these due dates as well. (The hard

copies are required as "insurance" in case of any problems in cyberspace!) Simply attach your work as a *Word Document* to an e-mail with the following title: (*assignment#1,2or3*) (*yourlastname (COS113)*). For example: #1BinauCOS113. Send assignments to: [bbinau@trinitylutheranseminary.edu](mailto:bbinau@trinitylutheranseminary.edu) I have had good experiences receiving and returning work electronically without any breach of confidentiality. Let your own comfort level guide you.

1. **Reflection on yourself and Missional Ministry** 2 pp. DUE: 9/10/10 (or any time prior) via "snail mail" or e-mail to [bbinau@trinitylutheranseminary.edu](mailto:bbinau@trinitylutheranseminary.edu)

After reading *Shaped by God's Heart: The Passion and Practices of Missional Churches*, by Milfred Minatrea, please respond to the following which will help me get to know you better in several ways.

On the first page:

- 1) Tell me some things you would like for me to know about you, things that will help me understand more quickly and accurately who you are.
- 2) To the extent that you are comfortable doing so, share any important events, situations, changes occurring in your life right now.

On the second page:

- 1) State in one or two sentences what *your* understanding is of God's mission (*missio Dei*). In other words, what is God up to? What is God trying to do in and for creation?
- 2) How are you, in your current ministry, participating in this "mission of God"/*missio Dei*?
- 3) How might you participate even more fully in this "mission of God" *missio Dei*?

2. **Comparative Analysis of Kornfeld and Dittes** 5-6 pp. DUE 9/17/10

After reading Margaret Kornfeld's *Cultivating Wholeness* and James Dittes' *Pastoral Counseling: The Basics*, write a comparative analysis of the two books that addresses the following three matters:

- *Identify and briefly elaborate* on one thing that Kornfeld believes is essential to the *personhood* of the pastoral caregiver and one thing that Dittes believes is essential to the *personhood* of the pastoral caregiver. (approx. 1 p.)
- *Identify and discuss* two ways in which Kornfeld's and Dittes' views about pastoral ministry are *alike*, and two ways in which their views about pastoral ministry *differ*. Where you sense that their views differ, indicate which is more in keeping with your own view. (approx. 2 pp.)
- *Engage* the authors in a dialog about a topic that you sense might be of common interest to them based on reading their books. Let your own interests be your guide. The idea

here is to explore and integrate what you believe these authors have taught you about a particular topic. (approx. 3 pp.)

If you would like to entertain a specific suggestion for this part of the assignment you might try this: 1) Explain what you understand the significance of Dittes' "Four Levels or Facets of Human Development" (pp. 29-36) to be for the his book as a whole, and 2) Explain what you think Kornfeld's reaction would be to Dittes' "Four Levels or Facets of Human Development."

**3. Assessment of Yourself as a Spiritual Caregiver: A Case Study** 5-6 pp. DUE: 10/15/10

This assignment is designed to help you evaluate your strengths and liabilities as a spiritual caregiver based on your actual ministry experience. Loosely speaking, the assignment is a kind of "case study." You may choose *one* of the following two options:

1. "Recalling Our Stories" - Using Wimberly's book, *Recalling Our Stories*, as a framework and reference tool address the following:

- *Identify* the "major myth" in your own life or in the life of someone with whom you have ministered recently (approximately the last 12 months). The "major myth" you identify may coincide with one of the "myths" identified by Wimberly, or you may feel free to name it as you wish. However you identify the myth, you should make explicit reference to how Wimberly's work assisted you in your identification. (approx. 2 pp.)
- *Utilize* the four step model identified on p. 13 (see below) in Wimberly to comment on the process by which you, or the person with whom you are ministering, is attempting to *reauthor* the myth in question. (approx. 4 pp., one page per step)

**A MODEL for REAUTHORING MYTHOLOGIES**

**First** - identify the themes of the myths so we can see the effects of the myths more clearly

**Second** - assess whether our myths are producing growth or keeping us wounded

**Third** - assess the ongoing call; how is it renewing or major myth and its themes?

**Fourth** - set goals; plans to alter myths and realign them with call

*Note: This first option for the assignment assumes that self-care is as important a form of spiritual care as care for the other. It assumes that examining the work you are doing on reauthoring your own "major myth" is a useful and valid way to help you evaluate your strengths and liabilities as a spiritual caregiver based on your actual ministry experience. So the "case" you are presenting may involve either yourself or someone else as the primary focus of your care.*

-OR-

2. "Assessing Yourself as a Spiritual Caregiver" - Using Guenther's book, *Holy Listening*, as a framework and reference tool, address the following:

- *Describe* briefly the context of your ministry (e.g. congregation, social service, etc., size, age, setting, ethnic/denominational background if important). (approx. 1/2 p.)
- *Identify* and *describe* a situation in which you have provided a ministry of spiritual care for some person(s). Comment briefly on the following: basic information about the other person(s) in the situation and the key problems, issues, difficulties encountered. (e.g., age, gender, denomination, socio-economic factors, key psychological/theological themes, etc.) (approx. 2 pp.)
- *Outline* at least five key issues that you believe Guenther understands to be essential to the ministry of spiritual care, which might also be called "holy listening" or "the art of spiritual direction." (approx. 2 pp.)
- *Assess* your own functioning as a spiritual caregiver in the situation identified above, making explicit reference to the key issues you have outlined from Guenther. Comment intentionally on what you believe was helpful about your ministry in this situation and why, as well as what you would like to improve and how you plan to do so. (approx. 2 pp.)

"The person sitting opposite me is always a mystery. When I label, I limit." - Margaret Guenther

"Shepherds need not be perfect. But they do need a certain kind of attitude toward their imperfection and inadequacy." - Seward Hiltner

"One does not move nimbly or gracefully while wearing heavy armor, whether metallic or psychological." - James Dittes

"A human being will not change his or her personality patterns, when all is said and done, until forced to do so by suffering... . Suffering is one of the most potentially creative forces in nature."  
- Rollo May

"Unless one wants to live a stunningly boring life, one ought to be on good terms with one's darker side and one's darker energies."  
- Kay Redfield Jamison

## *Probable Outline of the Course:*

<p style="text-align: center;"><b>Course of Study School</b> <b>COS 113: Pastoral Care for Spiritual Formation</b> <b>Fall 2010 - September 17-18 / October 15-16</b></p>
---

### Friday, September 17, 2010

4:45 Dinner

5:30-6:00 Getting to know each other ...

6:00-7:15 **“WHO WE ARE: OUR IDENTITY AS MISSIONAL MINISTERS”**

BREAK

7:30-8:30 **“THE CARE OF SOULS and THE MINISTRY OF LISTENING”**

8:30-9:00 Form groups / share autobiographies

### Saturday, September 18, 2010

7:30 a.m. Breakfast

8:00 a.m. Morning prayer

8:30 - 9:15 ish **“WESLEYAN UNDERSTANDINGS OF SPIRITUALITY AND SPIRITUAL PRACTICE”**

9:30ish **“THE MINISTRIES OF PASTORAL CARE & COUNSELING”**

BREAK

10:15-11:15 a.m. **“THE MINISTRIES OF PASTORAL CARE & COUNSELING” (cont.)**

11:30-12:15 Eucharist

12:15 p.m. LUNCH

1:00 - 1:50 p.m. Small Groups

BREAK

2:00 - 3:00 p.m. **“ALL OUR LOSSES, ALL OUR GRIEFS”**

**Friday, October 15, 2010**

4:45 Dinner

5:30 -7:30 **“SAFE CONNECTIONS: ALL ABOUT BOUNDARIES”**

BREAK

7:45-9:00 **ROLE PLAY**

**Saturday, October 11, 2010**

7:30 a.m. Breakfast

8:00 a.m. Morning prayer

8:30 – 9:45 a.m. **“CROSS-CULTURAL AWARENESS”**

BREAK

10:00-11:15 a.m. **“PRE-MARITAL CARE”**

11:30-12:15 Eucharist

12:15 p.m. LUNCH

1:00 – 2:00 p.m. **“REFERRAL AS A PASTORAL COUNSELING STRATEGY”**

BREAK

2:15 - 3:00 p.m. **Evaluation**



**Cokesbury Bookstore**  
 The Methodist Theological School in  
 Ohio  
 3081 Columbus Pike  
 Delaware, Ohio 43015

Phone: (740) 362-3385  
 Fax: (740) 362- 3132  
 E-mail: [cokesbury @  
 mtso.edu](mailto:cokesbury@mtso.edu)

TEXT ORDER FORM  
 COURSE OF STUDY SCHOOL OF OHIO  
 COS 113  
**Pastoral Care for Spiritual Formation**  
 Dr. Brad A. Binau  
*Fall 2010*

			Retail Price	Disc.	Clergy Price
<b>Required Books</b>					
_____	<i>Pastoral Counseling: The Basics</i>	Dittes	29.95	20%	23.96
_____	<i>Holy Listening: The Art of Spiritual Direction</i>	Guenther	14.95	20%	11.96
_____	<i>Cultivating Wholeness</i>	Kornfeld	26.95	0%	26.95
_____	<i>Shaped by God's Heart</i>	Minatrea	24.95	20%	19.96
_____	<i>Recalling Our Own Stories</i>	Wimberly	18.95	20%	15.16

**ORDERING INFORMATION**

_____ American Express	Account # _____
_____ Visa	Expiration _____
_____ MasterCard	CVV2 Number <i>(found on back of card)</i> _____
_____ Discover	
_____ Personal Cokesbury Account	<i>Church Name and Address if on Church Account</i>
_____ Church Cokesbury Account	
_____ Check or Money Order	

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_  
 City \_\_\_\_\_  
 Phone \_\_\_\_\_ *include area code*  
 E-Mail \_\_\_\_\_

All sales, except on Church Accounts are subject to Sales Tax.  
 Discount price is a professional courtesy for clergy and does not apply on church accounts.  
 Prices and discount status are always subject to change  
 Shipping Charges are added unless purchase is picked up at the store.