

## Contemplative Companions Spiritual Director Training Program (CCSDTP) (in partnership with *Center for Christian Spirituality (CCS)*, STM)



### *Duration*

One-year formational program

### *Should I consider CCSDTP?*

Yes, if I -

- have I benefitted from spiritual direction; and
- am drawn to the practice care of souls through spiritual direction; and
- want to explore if being formed as a spiritual director is God's gift and calling for me.

### *Ethos of CCSDTP*

- contemplative and discerning.
- inclusive of all Christian faith traditions, gleaning from each, its distinct rich spirituality.  
*"...through the Church the manifold wisdom of God is to be made known to the rulers and authorities in the heavenly realms... In Christ & through faith in Him, we may approach God with freedom & confidence (Eph 3:10-12)."*

### *CCSDTP Learning Outcomes*

1. Having a biblical knowledge and understanding of Christian faith in relationship with our living God and peoples through a contemplative and discerning pedagogical process.
2. Being able to discern the theological assumptions that undergird the Christian formation in our church life to stay true to the Gospel of our Lord Jesus Christ that is:
  - Incarnational that encompasses every aspect of our life on earth;
  - Holistic that impacts our whole humanity (body-soul-spirit) with Isa 61 as our Manifesto of the Kingdom of God;
  - Relational that is firmly rooted in the Trinitarian community of Love, Grace and Truth.
3. Embracing the call to be spiritual fathers and mothers in Christ who live a cruciform life, so as to engage in the redemptive work of building up the other fully in Christ (Col 1:28).

### *Outline of Content and Procedures of CCSDTP*

- Module 1 is an eight-day guided silent retreat followed by 4 Modules of 5N6D residential courses.
- Modules 2-5 consist of:
  - o formational teaching with prayer exercises to enhance one's awareness and attentiveness to God's presence & action in one's own faith story. The intention is to allow the Holy Spirit of Truth to highlight for each person his/her genesis, the seasons in life and their destiny in Christ.
  - o the practicums to acquire the knowledge and skill sets of spiritual direction.

- Each Module builds on the previous Module to strengthen and broaden the scope of learning. All the Modules are inter-related and together form a complete foundational program.
- Assignments for each Module to practise the disciplines of attending to the inner work of God's Grace:
  - Pre-Modular preparatory assignment
  - Post-Modular integrative assignment
- Inter-Modular periods are for:
  - Pre- and post-Modular assignments
  - Monthly personal spiritual direction and written reflection paper
  - Supervised group practicums
  - Specific spiritual disciplines (daily lectio divina, Examen and journaling)
- Purpose of assignments:
  - To cultivate and maintain a posture of listening and discerning heart which is crucial and foundational to the practice of spiritual direction.

*5 Modules (Dates will be posted on website for each new Cohort) and Inter-Modular Periods*

**Module 1: 8-Day Guided Silent Retreat – Discerning God in My Life Journey**

**Module 2: Spiritual Formation & Transformation**

**Module 3: Soul Care/Spiritual Direction**

**Module 4: Christian Traditions and Spiritual Direction**

**Module 5: Discernment in Religious Experience**

#### *Certification*

- Certificate of Completion will be awarded to those who have met all the Course requirements.
- Certificate of Attendance will be awarded to those who have not.

#### *Would I be an appropriate applicant?*

Yes, if I am a well-integrated mature Christian who has –

- adequate self-knowledge and understanding
- a personal and open relationship with God
- interpersonal relational skills
- experienced spiritual direction & made guided silent retreats
- has passion and compassion for the care of Christian growth
- has a desire to discern God's call to the spiritual direction ministry

#### Application Process

1. Download the *Preliminary Discernment Process for Prospective Trainees*.
2. Return the completed form to the Director of CCSDTP at [ck2stm@gmail.com](mailto:ck2stm@gmail.com)
3. This will be followed up with *Application Form* after prayerful discernment by the CCSDTP Team.

#### *Director of CCSDTP*

Dr Voon Choon Khing is passionate about investing her life in people in deepening their relationship with God for eternity. Living a contemplative life over time helped her realise that her varied stations in life, which began with an early infantile perception of God's call to be a nurse in UK and subsequent progression to a midwife and then to be a missionary, social worker, librarian, counselor, teacher, and spiritual director, are merely creative expressions of God's primary call on her as God's beloved. She found from her reflections of her lived

experiences that life is an adventure with God and this culminated in her first book, *Discerning God in Our Life: The Dance of Two Wills*, which was published in March 2016 as part of the STM series.

Her multiple roles undertaken in her pastoral-teaching ministry at the Seminari Theoloji Malaysia since 1986 convinced her of the necessity to invest in spiritual direction and retreat work as another integral means of holistic soul care. In this later season of life, both she and her husband Dr Chow Heap Yeong, a fellow pilgrim in this faith journey, desire to grow together in God's Delight, to be conduits of God's Love and Grace, more particularly in the ministry of spiritual direction and retreat work.

Given her varied stations of life and multiple roles, it is not surprising that Choon Khing's academic training includes Diploma in Theology (Lon Uni, UK), MA in Library & Information Studies (Lon Uni, UK), Intermediate Certificate in St Ignatius Spiritual Exercises (Cenacle Sisters, London), Master in Theology (Duke Uni, USA) and DMin in Spiritual Direction (Graduate Theological Foundation, USA), Certificate of Completion in Retreat Direction Summer Internship Program (St Ignatius Spirituality Centre, Guelph, Ontario). Currently, she serves on the Malaysian Care Board with the role of spiritual formation of MCare staff, and is a member of the PADERI (Pastoral Development & Renewal Initiative) working committee.

#### *Director of CCS*

Rev Dr Wong Tik Wah is the Dean of Students (2018-2021), and Director of Centre for Christian Spirituality (CCS) at STM. He lectures Christian Theology and Christian Spirituality (Chinese Department Faculty). Having completed his BTh (STM/SEAGST, 1993), MTh (Trinity Theological College, 1999), he pursued his PhD (University of Divinity, Australia, 2009). While he was finishing his PhD in Melbourne, he found his soul quest through spending a year on doing a *Grad. Cert. of Ignatian Spirituality*, and subsequently, he also journeyed through a 30 days quiet retreat in 2015. He is an ordained elder in the Methodist Chinese Annual Conference (CAC). He pioneered the *Isaiah School*, a short-term Bible School, and the *Emmaus Walk* more than a decade ago. He is also deeply involved with the Methodist General Conference Prayer Initiatives. His passion in the area of Christian Spirituality as a theologian has resulted in the formation of the Center for Christian Spirituality in STM. He is married to Wee Ling.