

**STMM 593 Retreats: Theory, Design and Implementation – 3 credits**  
**Instructors: Carol Scott-Kassner, M.Ed., Ph.D., MATS**  
**Pat Lewis, MRE, MAABS**

Required Texts:

Vandergrift, Nicki Verploegen (2001), *Planning and Implementing Retreats*,  
Liguori Press.

Whitcomb, Holly W. (2006), *Practicing Your Path: A Book of Retreats for an  
Intentional Life*. Philadelphia, PA: Innisfree Press, Inc.

\$5.00 for handouts

**Summer Quarter**

**Monday, June 23<sup>rd</sup>, 9:00 to noon**

Retreat experience

Meeting each other and overview of course

Reflect on elements of a retreat and on prior retreat experiences

Creating a sacred environment

Offering hospitality and inclusion

Sign-up for teams for planning retreats throughout year

Establishment of dates for remainder of school year: Classes and retreats

Sign-up for opening rituals, working with elemental symbols

**Readings:** Whitcomb, p. 25-38

Vandergrift, p. 52-61

**Tuesday, June 24<sup>th</sup>, 9:00 to noon**

Planning retreats

Developing themes, goals, and outcomes

Importance of rituals

Creating altars

Selecting images, texts, materials, and music

Small group discussion of key ideas in Vandergrift

Questions and class discussion

**Readings:** Entire Vandergrift book, *Planning and Implementing Retreats*

**Wednesday, June 25<sup>th</sup>, 9:00 to noon**

Group dynamics

Creating safety

Large group, small group individual (solitude and solidarity)

Getting feedback from participants

Cohesive dynamics for team planning

**STMM 593, p. 2**

Leadership styles  
Responding to Participant Styles

Meet with team to brainstorm first retreat and  
establish plans for further work together.

**Thursday, June 26<sup>th</sup>, 9:00 to noon**

Organizing a Retreat – Day long, weekend, silent  
Rhythm and Timing in Retreats  
Nurturing Silence and Prayer  
Exploring other ways to deepen  
Shalem process  
Lectio Divina process  
Guided Meditation

**Readings:** Retreat Association Handouts  
Whitcomb: 11-24, 39-52

**Friday, June 27<sup>th</sup>, 9:00 to noon**

Forms of Embodiment  
Creative Processes:  
Movement [hand dancing, mime, embodied prayer, stretches,  
mirroring, free movement]  
Psychodrama using scripture as a base  
Music [singing/chanting, listening, improvising, toning]  
Small group work and discussion of rest of course

**Wednesday, September 17<sup>th</sup>, 5:45 to 8:30**

[Tentative date. This class may be moved to an October date.]

Faith sharing processes  
Images of God; spiritual journey; eliciting responses to texts  
Sensitivity to diversity in planning  
Multicultural sensitivity  
Inclusive language  
Ecumenical sensitivity  
Planning for various ages/stages of life  
Sensitivity to gender

Either review plans for upcoming retreats or review retreats just given.

**STMM 593, p. 3**

**Monday, September 22<sup>nd</sup> - 7:00 a.m. to 5:00 p.m. [Off campus]**  
Day of Reflection

**Tuesday, September 23<sup>rd</sup> - 7:00 a.m. to 5:00 p.m. [Off campus]**  
Day of Reflection

**Friday, October 3<sup>rd</sup> – 5:00 to 9:00, Mc Goldrick Commons**  
Evening of Reflection

**October – Fall term class, See September 17<sup>th</sup>, above**

**January – Evening of Reflection – TBA**

**January – Winter term class – TBA**

Other embodied forms

Poetry [selecting, reading, writing, reflecting on poetry]

Visual arts [engaging in process, use of materials, mandalas, tryptic, masks]

Meet with small groups

**March – middle – 2 Days of Reflection – TBA**

**April – Evening of Reflection – TBA**

**April - Spring term – first class - TBA**

Sharing assessment of the winter retreats

Assignment for final project

**May - Final class – TBA**

Synthesis projects

Reflection on leadership style

### **Course Objectives**

1. To understand and apply practices of effective retreat planning and leading.
2. To work collaboratively as well as independently to plan and implement retreats.
3. To reflect prayerfully on the elements and practices which assist the spiritual lives of others and to recognize what elements and practices are not as conducive.
4. To develop and reflect on one's personal style of spiritual leadership.

### **Course Requirements**

1. Attendance and active participation in all classes.
2. Collaborate with others to plan and lead two day-long and one evening of reflection for STM students.
3. Establish a personal goal for growth for each of the day-long retreats. Reflect on how well you accomplished that goal.
4. Complete and discuss assigned readings.
5. Plan a retreat specific to a setting in which you work or hope to work, incorporating elements of effective retreat planning from throughout the year. Present a fifteen minute summary, including the schedule and one illustrative activity that helps to realize the theme.
6. Reflect on your personal leadership style and the ways it manifested itself throughout this course. Discuss the strengths and the limitations of your style in terms of retreat leadership and collaborative work.