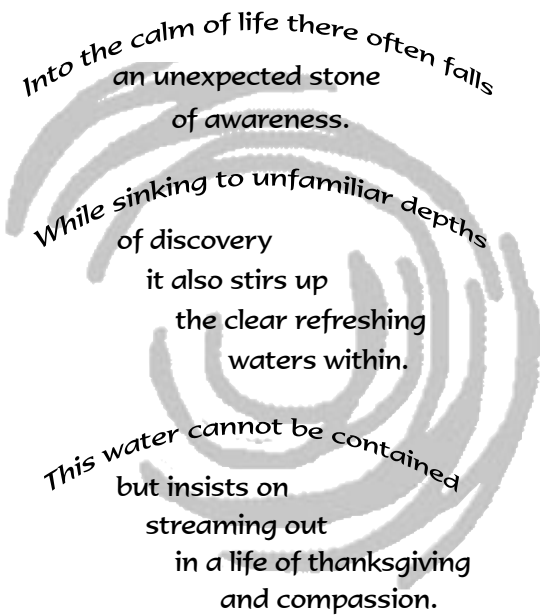


# Wellstreams

Ecumenical Training Program  
in Spiritual Formation and Development



Into the calm of life there often falls  
an unexpected stone  
of awareness.

While sinking to unfamiliar depths  
of discovery  
it also stirs up  
the clear refreshing  
waters within.

This water cannot be contained  
but insists on  
streaming out  
in a life of thanksgiving  
and compassion.

The Wellstreams program  
honors this ever-deepening cycle  
of awareness and empowerment  
in each individual.

## About Spirituality Network

The Spirituality Network began in 1986 as the result of a vision of providing a place for persons in Central Ohio to be accompanied on the quest for wholeness.

### We Believe:

- » That God's love is unconditional
- » That each person is drawn into a relationship with God through the circumstances of human experiences
- » That a healthy, ongoing relationship with God, self, and all of creation moves one to respond authentically to the needs of others
- » That a contemplative life stance must be rooted in prayer, nonviolence, and a radical passion for the truth

The Spirituality Network, Inc. is a nonprofit 501(c)3 ecumenical organization rooted in the contemplative Judeo-Christian tradition dedicated to fostering and awakening spiritual growth.

**The Spirituality Network, Inc.**  
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[www.spiritualitynetwork.org](http://www.spiritualitynetwork.org)

To respond to the growing thirst in many who seek to deepen their spiritual lives through the companionship of a competent and faith-filled person,

The Spirituality Network, Inc., presents

# Wellstreams



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**Wellstreams** is a two-phase program designed to enhance the personal spiritual growth of participants and provide training in spiritual direction and companionship.

Phase I begins with an opening weekend retreat each semester. Classes are held on two Wednesday evenings and two Saturday mornings per month during the first year, ending with a group retreat to discern readiness for Phase II.

Phase II classes meet four Wednesday evenings per month with several Saturday workshops each semester.

Participants are expected to be in spiritual direction throughout the duration of the program.

Tuition: \$1,200 per semester\*

Limited scholarship funds are available.

*\*subject to change*

## Phase I:

### Spiritual Formation and Development (2 Semesters)

- » Opening Retreat
- » The Dynamics of Transformation
- » Historical Trends in Christian Spirituality
- » The Process of Prayer
- » Human Development, Personality Type, and Spirituality in the Adult Life Cycle
- » Discernment Retreat to determine the next step

## Phase II:

### Two Tracks Available for Further Development and Training

**Track One:** For those who feel called to train for the ministry of spiritual direction, a practicum phase that will consist of opportunities to do spiritual direction under supervision while continuing to grow in the knowledge, skill, and art of spiritual direction. (Three semesters)

**Track Two:** For those who desire a deeper development of listening skills in daily life settings and various ministries in congregations such as prayer groups, Stephen Ministers, etc. This track will join Track One for listening skills and other pertinent topics. (Three semesters)

## Objectives

To provide a systematic program of spiritual formation and development.

This program is open to women and men of all faith traditions who have a desire to enhance their own spiritual journey and wish to discern their call to share with others.

## Prerequisites

- » To be in spiritual direction while in the program
- » Satisfactory familiarity with one's own theological, religious, or spiritual traditions
- » Sufficient life experience to benefit from a training program of spiritual formation
- » An ability to demonstrate self-reflection of one's life experience

For more information or to receive an application packet, please contact:

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