

ACTS Spiritual Companion Program
Oblate School of Theology

Goal- To form women and men as spiritual companions for the ACTS retreat.

Student Learning Outcomes - Upon successful completion of the program the participants will:

1. develop a clear understanding of the role of the ACTS Spiritual Companion in team formation and during the retreat
2. acquire the knowledge and *understanding of Catholic teaching necessary to lead and support the ACTS retreat team formation
3. develop skills needed to serve as a resource for those preparing talks, services and rituals during the retreat
4. learn skills to assist and support the retreatants during the retreat weekend
5. learn to lead prayer in a variety of styles, drawing upon the different styles and methods of prayer learned throughout the course
6. acquire facilitation skills needed for group process

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Student Outcomes	Assessment
develop a clear understanding of the role of the ACTS Spiritual Companion in team formation and during the retreat	<i>Listening Skills Role Plays; Class Prayer scripts and implementation; ACTS talks outlines; Sacraments Talk outline and Sacraments Talk; Team Formation Scripts</i>
acquire the knowledge and understanding of Catholic teaching necessary to lead and support the ACTS retreat team formation	<i>Class Prayer scripts and implementation; ACTS talks outlines; Sacraments Talk outline and Sacraments Talk; Team Formation Scripts; Asynchronous lecture assessments</i>
develop skills needed to serve as a resource for those preparing talks, services and rituals during the retreat	<i>Listening Skills Role Plays; ACTS talks outlines; Sacraments Talk outline and Sacraments Talk; Team Formation Scripts; Asynchronous lecture assessments</i>
learn skills to assist and support the retreatants during the retreat weekend	<i>Listening Skills Role Plays</i>
learn to lead prayer in a variety of styles, drawing upon the different styles and methods of prayer learned throughout the course	<i>Class Prayer scripts and implementation; Team Formation Scripts</i>
acquire facilitation skills needed for group process	<i>Listening Skills Role Plays; Class Prayer scripts and implementation; Team Formation Scripts</i>

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ASC Program Requirements and Assessment:

- 1) Spiritual Director
- 2) ACTS Missions Retreat Training
- 3) Spiritual Autobiography
- 4) Saturday sessions, 8am-5pm
- 5) Tuesday sessions, 6:30pm-9:00pm
- 6) 4 asynchronous lectures, 2 hours
- 7) Assignments for Saturday and Tuesday classes
- 8) Assignments for asynchronous classes
- 9) Prayer services
- 10) Theological reflections
- 11) Sacraments talk
- 12) Team formation scripts

Required Readings:

- The Human Condition. Thomas Keating
- Holy Longing. Ronald Rolheiser

Suggested Reading:

- The Art of Listening, Thomas Hart
- Jesus Before Christianity, Albert Nolan
- Who is God. John Markey

Small Group Learning:

- Students will be placed in cohorts of 3-4 persons each.
- Each group will be responsible to meet independently of the Tuesday and Saturday sessions to discuss, review and critique assignments and comment on them via Moodle.

Required Coursework

A. Assignments

- Prayer services x 1
- Theological reflections x2
- Sacraments talk x1
- Team formation scripts x 3

B. General Assignments

- Spiritual Autobiography
- Spiritual Director information sheet
- ACTS Retreat Training

C. Asynchronous classes

- Student watches according to time schedule
 - Students complete assignments
 - Student reads and discusses each assignment and response with other students in their learning groups.
1. Liturgy - Complete assessment.
 2. Ecclesiology - Complete assessment.
 3. Church History - Complete assessment.
 4. Christology – Complete assessment.

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D. Saturday and Tuesday Classes

- 1) Prayer and Reflection: Prayer services x 1: Students will be placed into teams of 3 or more. Each team will be responsible for the creation and implementation of a 20-minute prayer and reflection for one of the following prayer experiences:
 - a. an opening or closing prayer experience for one Saturday or one Tuesday session incorporating the theme and prayer form provided. The scripts for the prayers must be submitted to instructor one week prior to the session at which it will be presented.
 - b. The reflection is to be submitted to the instructor one week prior to the Saturday or Tuesday session at which it will be presented.

- 2) Class Assignments as indicated as in the class/assignment schedule
 - a. *Sacraments Lecture Assignment- Prepare a two-page outline of a sacraments talk which includes the following:
 - General description of "sacrament"
 - Definition of Sacrament of the Church;
 - Description of the seven Sacraments of the church
 - Description of sacrament principal
 - Description of sacramental moments generally
 - Description of one sacramental moment from your life
 - Its transformation nature
 - Reflection on its continued power
 - Description of sacramental vision and life
 - Challenge to maintain a sacramental vision and sacramental life
 - b. Scripture Assignment: Prepare a five-minute reflection on a scripture reading taken from the lectionary of the church. Prepare by:
 - reading the scripture two or three times
 - reading 2 commentaries
 - researching the historical, cultural and literary context of the scripture and
 - reflecting on what it might say to a contemporary audience
 - c. ACTS Talks Assignment- Prepare an outline of the elements for each major talk on an ACTS retreat. Include how to assess whether a talk is ready for delivery on a retreat. Refer the ACTS Retreat Manual and class lectures.

- 3) Theological reflections
 - a. Nature and Human Soul
 - b. Holy Longing

- 4) *Sacraments talk x 1
 - a. 1st draft – Due
 - b. Practice presentations to small groups
 - c. Final draft- Due

- 5) Team formation scripts x 3
Script outlines will be provided.
See Schedule

- 6) Role Plays (pastoral listening) during class and in small groups