

# MINDFUL WORK, THOUGHTFUL CONNECTION



**The Center for  
Lifelong Learning**

COLUMBIA THEOLOGICAL SEMINARY

“Christian leaders who seek wisdom and support to navigate the challenges and opportunities of this endemic time do well to turn to the Center for Lifelong Learning. Nationally recognized for excellence, the CLL offers courses and certificate programs that nurture the professional development of ministry leaders, form and enhance spiritual directors, and help congregations thrive. The CLL is one of Columbia’s greatest treasures.”

–Christine Roy Yoder  
Vice President for Academic Affairs and Dean of Faculty  
J. McDowell Richards Professor of Biblical Interpretation

Cover Art: *Aiming High* by Israel Galindo

The Center for Lifelong Learning (CLL) at Columbia Theological Seminary offers exciting online and in-person opportunities (on campus and elsewhere) for participants to engage in courses, seminars, workshops, and other learning experiences. CLL programs and courses are designed to assist with the daily challenges of ministry and related professional settings.

The 2024 spring course offerings provide space for mindful work and thoughtful connection. Active attention is given to the present in each course, supporting participants as they reflect on and assess their lives, work, and pathways forward.

Center for Lifelong Learning

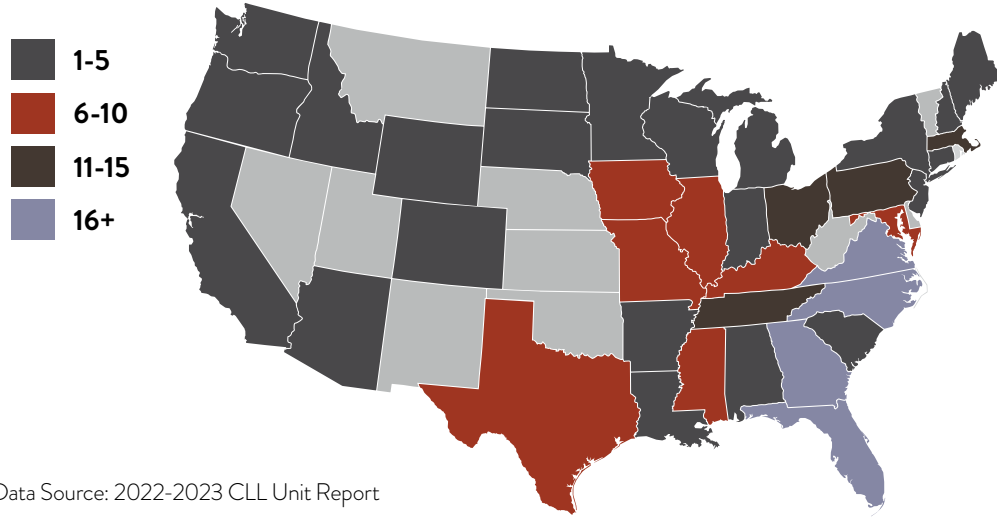
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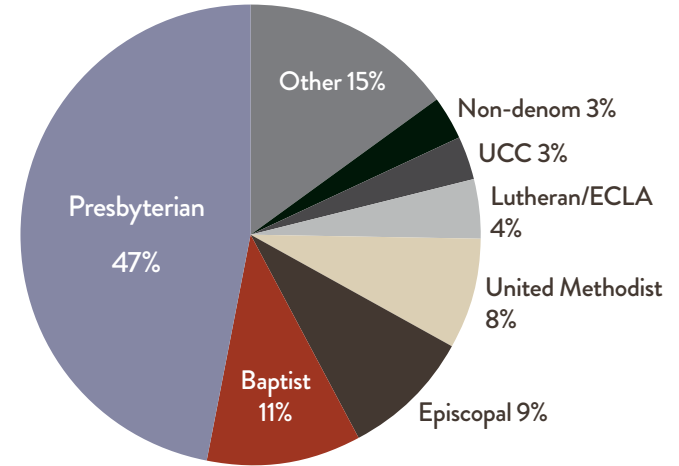
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Keep up with the CLL’s latest news, courses, and programs by [subscribing to the monthly newsletter](#), ***Journeying Together***.

## CLL Geographical Reach



## Participant Denominational Profile



## CLL Online Courses

Since 2014, the CLL has offered over 100 online courses. Program topics have included age and stage Christian education and teaching practice and theory, intercultural competency, grief, death and dying, stewardship, congregational ministry, church staff relations, conflict resolution, coaching, prayer, spiritual formation, spiritual direction, journaling, storytelling, LGBTQIA+ issues, older adult ministry, preaching, biblical studies, arts, science, and faith.

## SPIRITUALITY PROGRAMS

The Center for Lifelong Learning's spirituality programs are grounded in Christian spirituality, Scripture, theology, a history of traditions, reading in the spiritual classics, prayer and meditation, and developing skills for assisting others on a spiritual journey.

Choose from two certificates: The Certificate in Spiritual Formation and the Certificate in Spiritual Direction. The spiritual formation courses are designed to help individuals deepen their relationship with God. Those who take formation courses gain skills to respond to spiritual hunger in various contexts. All are welcome to participate in any formation event. The Certificate in Spiritual Direction

### What is Spirituality?

"Spirituality is the process of awakening to the truth that we are one with God, and that God is present within us," said Associate Director of Spirituality Programs, Sharon Junn. Meister Eckhart speaks to this unity when he says, "the eye through which I see is the same eye through which God sees me; my eye and God's eye are

one eye, one seeing, one knowing, one love."

"Cultivating contemplative capacities and the divine faculties within us, helps make us aware of God's mysterious presence and action within. While intellectual understanding can be helpful, what frees us to consent to God's action is *experiencing* God. Such experiences deeply nourish

our soul, mind, and spirit. It is liberating! Our programs emphasize contemplative orientation and highly experiential, praxis-driven modules designed to support the participant's growth and trust in the work of the Spirit. The programs are a formation process to access the flow of God's giving, allowing us to rest and let God work through us," said Junn.

program prepares individuals for the ministry of spiritual companionship, an ancient practice of contemplative listening and discernment of the Holy Spirit. **Participants are accepted by application only.**

In addition to earning a certificate, participants can engage the formation

program's new concentrations: *Spirituality in the Second Half of Life* and *Contemplative Living*. Spirituality in the Second Half of Life is designed for those pursuing a compassionate, empathetic approach for the spiritual well-being of older adults. The Contemplative Living certification helps participants deepen their

spiritual experience by nurturing their contemplative abilities among like-minded individuals.

**February 17-May 11**  
**Contemplative Living II:**  
**Contemplative Practices w/**  
**Daily Life ONLINE**

The journey of contemplative practices begins in the silence of our hearts

leading us to the heart of God. In this course you'll experience your daily life as prayer and gain contemplative attitudes and dispositions as you deepen your contemplative spiritual practices within a community of seekers. As you learn to cultivate contemplative practices amid ordinary life, you'll begin to experience oneness with God and all creation.

**Prerequisite:** participants must have completed Contemplative Living I before taking Contemplative Living II.

**With:** Julie Saad.

**Program Fee:** \$700

#### **April 1-4** **Mindfulness and Christian Meditation**

Examine how mindfulness can help develop awareness of the present moment, without judgment, in connection with Christian meditation. Through guided meditation, contemplative prayer, and other Christian introspective practices, you'll deepen your understanding and experience of these practices.

**Location:** The Ignatius House

**With:** Mark Dannenfelser.

**Program Fee:** \$610 (Housing and meals included)

#### **April 11-14** **Wisdom of the Christian Mystics**

Christian mystics are seekers of every generation who enjoyed a profound sense of God's presence—even "union" with God—in their lives. This course will delve into the lives of individuals like Teresa of Ávila, Julian of Norwich, Howard Thurman, and Thomas Merton for their enduring wisdom and relevance to our present spiritual paths.

**Location:** Montreat Conference Center

**With:** Carl McColman.

**Program Fee:** \$410 + housing and meals

**Need help discerning if these courses are right for you?** Email Sharon Junn (junn@sctsnet.edu), Associate Director of Spirituality Programs and trained Spiritual Director for a free consultation. For full program details, fees, and to register for spirituality courses and programs, visit <https://www.ctsnet.edu/academics/lifelong-learning/spirituality-programs/>.

 @SpiritualityatCTSeminary



**SAVE  
THE  
DATES**

**October 10-13**

**The Spiritual Wisdom of Trees**

Location: Montreat Conference Center

**November 4-8, and April 21-25, 2025**

**Centering Prayer Retreats**

Location: Monastery of the Holy Spirit in Conyers, GA

## PASTORAL EXCELLENCE PROGRAMS

“I came to a workshop reeling from unexpected job loss. Peers took me at face value — neither trying to “fix” nor comfort me. They helped me think through my situation and to notice when I was reacting.”

—A LIM Workshop Attendee

Build on best practices for your professional and personal development as a ministry leader. **The Pastoral Excellence Programs** of the Center for Lifelong Learning include **three** professional development areas for clergy: **The Wounded Ministers Retreat**, **Leadership in Ministry (LIM) Workshops**, and the Thriving Congregations Grant program, **reKindle**.

**LIM Workshops** are offered at three locations across the country and as an online cohort. You'll explore with peers how Bowen Family Systems Theory can be a “theory of practice for ministry,” and learn to apply the concepts of family emotional process to your own ministry context.

The program fee is \$875. Housing and meal pricing vary depending on location. Financial aid is available for this program.

**March 4-6 and November 11-13**  
**LIM Atlanta, GA**

**Location:** Columbia Theological Seminary.

**With:** Israel Galindo, Michael Cook, James Lamkin, Skip Johnson, Dan Koger, and Vanessa Ellison.

**March 18-20 and September 16-18**  
**LIM Richmond, VA**

**Location:** Roslyn Retreat Center

**With:** Israel Galindo, Elaine Boomer, Andrew Archie, Carla Toenniessen, Lance King, and Bill Pyle.

**May 6-8 and September 30-October 2**  
**LIM Boston, MA**

**Location:** Rolling Ridge Retreat and Conference Center.

**With:** Israel Galindo, Margaret Marcuson, Elaine Boomer, Rebecca Maccini, and Meg Hess.

**Online Cohort**

The same LIM program in virtual format for those who cannot meet in person. Specific dates will be scheduled to fit participants' schedules.

**With:** Bill Pyle, Meg Hess, Julie Josund, and Margaret Marcuson.

### **Wounded Ministers Retreat**

Experience help, hope, and renewal after a forced termination through a Wounded Ministers Retreat. Clergy and their spouses can participate in healing experiences after a forced termination. The retreat is sponsored by the Ministering to Ministers program which provides spiritual, emotional, vocational and social support for ministers in all faith groups. The retreat experience is also open to those encountering congregational conflict that *may* lead to dismissal.

**April 8–11  
Atlanta, GA**

**Program Fee:** \$100 for single participant OR \$150/couple

**Location:** Columbia Theological Seminary

**With:** Beverley Buston, Skip Irby, Skip Johnson, Michael Cook, Robert Dibble, Clarice Dibble, and Bill Harkins.

For full Pastoral Excellence Program details, fees, applications, and course/program registrations, visit <https://www.ctsnet.edu/academics/lifelong-learning/pastoral-excellence-programs-courses/>.

 [@leadershipinministry](https://www.facebook.com/leadershipinministry)



**Revive your congregation with a reKindle grant!**

ReKindle is Columbia Theological Seminary's Lilly Endowment-funded Thriving Congregations grant initiative. ReKindle awards grants of up to \$10,000 to congregations accepted into the program, helping congregations realize their goal of being a thriving congregation by focusing on an identified mission priority. Grant projects should support a congregation's capacity to enhance their vitality in a post-COVID-19 context. The 2024 cohort applications close April 30.

*“Many congregations are actively working toward discovering viability for themselves and their communities. The ten congregations nationwide and many denominations selected for the program receive coaching, and \$10,000 to help them pivot and thrive in this unique time. It is fabulous to have a hand in supporting and encouraging congregations and the various ministry goals they are developing.”*

**—Rev. Dr. Julie Josund, reKindle  
Program Coordinator**

## Guaranteed Ways to Ruin Church Staff

For those pastoral leaders who want to *keep and develop quality ministry staff colleagues*, here are the ten most common ways pastors ruin church staff.

1. Demand perfection and conformity.
2. Micromanage and over-function.
3. Divide and conquer.
4. Neglect a theology of calling.
5. Do not plan corporate worship together.
6. Maintain a dysfunctional personnel committee.
7. Make staff members responsible for other people's functioning.
8. Lower your expectations and your standards.
9. Neglect your own spiritual and personal growth.
10. Do not invest in your staff's professional development.

To avoid ruin, check out more on this topic in *Perspectives on Congregational Leadership* (Educational Consultants, 2013) by Israel Galindo.

## CONTINUING EDUCATION PROGRAMS

Engage in an array of courses and programs designed to address the daily challenges in ministry and professional settings. Whether you want to dive into Scripture or enhance your leadership through the coaching program, these practical, post-graduate courses offer unique opportunities to continue your education.

### January 29-March 8 Older Adult Ministry: Process of Aging and Implications for Ministry ONLINE

Aging is associated with changes in physical, emotional, mental, spiritual, and social health. In this course you'll gain the necessary resources to help colleagues and congregants navigate

aging with the agency, support, and information they need. You'll explore practical ways for congregations, senior-care organizations, families, and caregivers to adapt and respond to age-related changes to enhance well-being and quality of life among older people.

**With:** Zeena Reegis.

**Program Fee:** \$265

### February 5-March 8 Stand-Up Preaching ONLINE

Dive into the essential aspects of effective preaching through critical engagement with stand-up comedy. You'll examine overlapping points between a successful stand-up routine and an effective sermon. Comedic

and sermonic overlaps include voice and embodiment, pacing, use of personal experience, storytelling, and engagement with politics.

**With:** Dr. Jake Myers.

**Program Fee:** \$220

### April 16-18 Seeing the Future of the African American Church Rainbow Part #2: Writing A Testament of Hope (Thompson Scholars 2024)

The future of the African American Church is affirming, welcoming, and inclusive. For that church to become what we imagine, we must write a text that guides the growth of the church into its future. **Course participants are accepted by application.**



Previous Thompson Scholars may apply. Complete information and the application can be found on the CLL web page.

**With:** Bishop Yvette Flunder, Pamela Lightsey, and Ralph Basui Watkins.

**Program Fee:** \$350

### **April 1-May 10** **Theological Reflection in Older Adulthood ONLINE**

In this course you will learn how to facilitate theological reflection among older adults by examining theological doctrines and concepts that frequently concern older adults. Scripture, hymns and songs of the church, denominational,

and other resources are drawn upon throughout the course.

**With:** Skip Johnson and Sarah Erickson.

**Program Fee:** \$265

For full program details, fees and to register, for spirituality courses and programs, visit [www.ctsnet.edu/academics/lifelong-learning/](http://www.ctsnet.edu/academics/lifelong-learning/).

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**Welcome new CLL  
Director, Helen Blier.**

Dr. Helen Blier joined the CTS community in October as the new Director of Lifelong Learning at the Center for Lifelong Learning. She is deeply knowledgeable about continuing education for ministers, church leaders, and theologically curious laity, having served in the field for over ten years.

Helen has served in several roles, all of which have been expressions of her basic curiosity in what makes people tick and how they can live lives of vocational integrity in light of that. She is a graduate of Emory University (Ph.D.) and Boston College (M.Ed. and A.B., theology). Helen was director of student information and organizational evaluation at the Association for Theological Schools

(ATS), where she helped schools learn more about their students and their work as institutions. She is the president of ALLLM, the Association of Leaders for Lifelong Learning in Ministry. She is a resource consultant for In Trust and regularly presents at ATS and Lilly Endowment, Inc. events on continuing education and lifelong learning. Her publications and presentations have generally focused on theological education and youth ministry. But mostly, Helen describes herself as “an avid and curious gardener, hiker, and good neighbor, and a lover of good conversations, dogs, and time spent with her very interesting kids—not necessarily in that order.”



701 S. Columbia Drive  
Decatur, GA 30030  
Spring 2024

**SPIRITUALITY  
PROGRAMS**

**PASTORAL EXCELLENCE  
PROGRAMS**

**CONTINUING EDUCATION  
PROGRAMS**

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