THE CERTIFICATE IN CONTEMTEMPLATIVE

SPIRITUAL FORMATION HANDBOOK

(Revised July 2026)

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Certificate in Contemplative Spiritual Formation

In God, we live and move and have our being
-Acts 17:28

Spirituality encompasses our connection to something greater than ourselves, connected to God and the world around us. **Contemplative spirituality** means fully engaging with the world, making choices rooted in love, which is the pure gift of God and God's presence. **Spiritual formation** is the Spirit-led process, not mastering skills but about learning to consent—to be mastered by the Spirit for the sake of ourselves and the world. And **Contemplation** is described beautifully below

> *"We are built for contemplation…Communion with God in the silence of the heart is a God-given capacity, like the rhododendron's capacity to flower… (Martin* Laird, *Into the Silent Land)*

For more than thirty years, The Center for Lifelong Learning at Columbia Theological Seminary has offered courses leading to the Certificate in Contemplative Spiritual Formation (CSF), a journey through which modern-day pilgrims may quench their spiritual thirst.

Through the Certificate in Contemplative Spiritual Formation program, participants will delve into a broad understanding of the Christian spiritual tradition and various practices that have emerged from it, while also learning to value the insights of other wisdom traditions. Emphasis is placed on experiential learning, particularly contemplative spiritual practices. It is designed to renew and strengthen the spiritual lives of both clergy and laypersons, while also equipping them with the tools and practices that promote the spiritual growth of others. Participants will enjoy learning in a setting that encourages sharing, prayer, personal growth, and the application of learning to present day life and ministry. Through this experience, participants will discover the relationship in spirituality to compassion, justice, and effective ministry.

Overview of the Program

The Certificate in Contemplative Spiritual Formation program is designed to be completed in one to three years, depending on the focus of the participant's concentration and the pace at which one takes the required courses. In addition to its general course of study, the CSF program offers two concentrations through which participants can deepen their spiritual formation in particular areas: *Spirituality in the Second Half of Life concentration* or *Contemplative Living concentration (see Requirements Chart on page 6).*

Introduction to Contemplative Spirituality: Centering Prayer as a doorway
Introduction to Contemplative Spirituality outlines the ethos for all of the Contemplative Spirituality Programs at The Center for Lifelong Learning at Columbia Theological Seminary by learning how contemplative practice heals our souls and opens us to God's loving presence in the everyday. Participants will examine how human conditions hinder our connection to our true self and God through an immersive and practiced-based experience of modern-day contemplative prayer, Centering Prayer and other contemplative practices. Furthermore, an overview of contemplative prayers in different spiritual traditions will foster a respectful understanding of the wisdom found other traditions

Elective Courses
Courses in the certificate program combine the best of a classroom model (academic), workshop model (practical), retreat model (experiential), and community of practice (communal). Readings and reflection papers enhance the assimilation of new material and the integration of new learning.

Practicum
The practicum is an application of knowledge and skills in the practice of Christian spirituality learned through the program coursework. Participants conceive, design, and conduct a practical act of ministry under supervision. Projects may include forming a small group for prayer and study, leading a spiritual retreat, or developing a new mission. The practicum affords participants an opportunity to reflect on their spiritual leadership and to share what they have learned with others in their worshiping congregation, in the workplace or in ministries of outreach.

Contemplative Retreat
The Contemplative Retreat may be fulfilled in two ways. We offer Contemplative Retreats every year at *Sacred Heart Monastery*, Cullman, AL and other locations. For those engaged in the online program, you may complete this as an independent study with the approval of the Director of Contemplative Spirituality Programs.

Pilgrimage
A pilgrimage, though not required, may be offered every two-to-three year. Pilgrimage provides an opportunity to reflect on what you have learned from the program and deepen your faith by visiting holy places for prayer, reflection and meditation. People who have completed the certificate and those currently completing the certificate will have priority. Spouses are welcome to apply. All are considered pilgrims and must participate in all aspects of the journey.

A list of courses for the Certificate in Contemplative Spiritual Formation program can be found on our website at www.ctsnet.edu/academics/lifelong-learning/. The courses are also listed in the *Journeying Together* newsletter and in other mailings to those within the program. For more information, email lifelonglearning@ctsnet.edu or call Columbia Theological Seminary's Lifelong Learning Certificate Program Coordinator at (404) 687-4592 or the Spirituality Program Office at (404) 687-4557.

Requirements for Certificate in Contemplative Spiritual Formation Completion

	Certificate in Contemplative Spiritual Formation: **General**	Certificate in Contemplative Spiritual Formation: **Contemplative Living Concentration**	Certificate in Contemplative Spiritual Formation: **Spirituality in the Second Half of Life Concentration**
Intro to Contemplative Spirituality*	X	X	X
Contemplative Living I		X	
Contemplative Living II		X	
Elective Courses**	5		2
Older Adult Ministry Courses			3
Practicum***	X	X	X
Retreat ****	X	X	X

*This course is strongly recommended as a pre-requisite for those who intend to take Contemplative Living I and required for those who intend to pursue the certification. Exceptions may be granted at the discretion of the director.
**Elective Courses: One Contemplative Living course (either Contemplative Living I or II) is equivalent to 2 Electives in the General track.
***Practicum: Practicum is waived if participant wants to pursue Certificate in Spiritual Direction or Certificate in Prayer Retreat Facilitation
****Retreat: For CSF General and Concentration in Spirituality in the Second Half of Life, Contemplative Living I or II may count towards the retreat requirement if not taken as an elective credit.

Enrollment in the Certificate in Contemplative Spiritual Formation Program

No formal academic degree is required as a prerequisite. The program is designed to be completed in a one-to-three-year period.

Persons interested in completing the certificate must complete a *Statement of Intent,* briefly stating their aspirations for completing the Certificate in Contemplative Spiritual Formation. You may complete this form as you register for Introduction to Contemplative Spirituality or after taking a class or two. This will assist us in tracking your progress through the program. The online form is available through this link: https://form.jotform.com/81276313031951.

Course Registration

Online registration generally opens 6 to 9 months ahead of the course. Balance of payment is due one month before the event if not paid at the time of registration. Payment plans are available through inquiry. If the course is full, you can place your name on a waiting list. Limited financial assistance is available (see below). For other registration assistance please contact lifelonglearning@ctsnet.edu.

Prior to the class, you will receive course information and login information for Moodle, the online resource site. In addition to course information and updates, all assignments will be submitted electronically through the site.

Completion of the Certificate Program

Upon completion of the certificate requirements, participants are awarded a certificate indicating that all work has been completed in a faithful and satisfactory manner. To receive your certificate please complete the online Request for Certificate found here: https://form.jotform.com/81275802431957.

We welcome a letter evaluating and highlighting the significance of this learning venture.

Program graduates may continue to take courses in the Certificate in Spiritual Formation program at a reduced rate and attend pilgrimages and overseas courses as space allows.

Graduates may be invited to serve and offer leadership within the program in various capacities. Contact the Spirituality Program office for more information.

Cancellation

If you need to cancel, please notify us in writing at Lifelonglearning@ctsnet.edu or fill out the cancellation form. Cancellations must be received 10 business days before the class begins to receive a refund of the program fee minus the $50 deposit. For the sake of all who would like to participate, you are asked to contact us as soon as possible if you find that you cannot attend the class.

A full refund of the program fee and other payments will be made should our office need to cancel a course for any reason. Registrants will be notified of the cancellation at the earliest possible time.

Financial Assistance

Financial assistance is available ***on a course-by-course basis*** and is generally for no more than 50% of the program fees. Please request as early as possible, before submitting payment. Registration can still be completed by selecting "pay by check", then making an aid request.
To make a request for financial assistance, complete the online *Application for Financial Assistance*: https://form.jotform.com/81276262831962. You will be notified about your financial assistance application within a week.

Upon completion of the course, we ask you to write a letter sharing your experience and thanking those who contributed to the scholarship fund. In your letter please include:

- Your name and faith community.
- A few insights that continue to be helpful or meaningful to you about this course.
- Concrete ways you think you will use what you have learned and experienced in your ministry.

Please provide us with this letter within a week of the course's conclusion. Our donors appreciate knowing that their gifts are being used well. This small act goes a long way in our ability to provide scholarships.

Frequently Asked Questions

Q: Are there prerequisites for beginning the certificate program?
A: No. There are no prerequisites for beginning the certificate program. It is necessary that participants need to be proficient in reading and writing English, and has basic computer skills and access to internet and computer. Participants are expected to read books, engage in online written discussions, and submit reflection papers.

Q. Who may participate in these programs?
A: All are welcome to participate. If you choose a non-degree certification program for a specific concentration of study, you will need to complete all assignments and papers for credit. The Center for Lifelong Learning (CLL) at Columbia Theological Seminary does not certify your calling. Only the Spirit can do that. The CLL certifies that you completed all course work and training.

Q: Can I take courses in other programs and have them count towards the Certificate completion?
A: No. All courses from the Certificate in Contemplative Spiritual Formation program must be taken through the Center for Lifelong Learning at Columbia Theological Seminary.

Q. Are there any specific steps I need to take in order to turn the Certificate in Contemplative Spiritual Formation (CSF) into the Certificate in Contemplative Spiritual Direction(CSD) program or is there a natural path to do that in a year or so?
The CSD program is by application only. While Intro to Contemplative Spirituality: Contemplative Living I and II are natural paths to the CSD program, acceptance is not automatic. You must complete an application and be admitted. Upon successful completion of the CSD program, you will be certified in both CSF and CSD.

Q: When is my program fee due?
A: Balances can be paid at the time of registration or are due one month before the event. Methods of payment accepted are checks, Discover, Mastercard or Visa. Payment plans are available by contacting lifelonglearning@ctsnet.edu.

Q: Can I take these courses for academic credit?
A: Courses are not designed for academic credit. You will need to coordinate academic credit through your institution if you seek academic credit hours.

Q: Do I have to take all my courses at one location?
A: No. See the Registration section for more information.

Q: How many people are there in each class?
A: Class size is fifteen to twenty-five participants.

Q: What if I need an extension on an assignment?
A: You may submit requests for extensions to the course instructor by e-mail. Please include your proposed submission date, which must be no later than 2 months after the initial due date. You will be notified when your request is granted.

Q: What happens if I cannot complete the requirements for the certificate in three years?
A: If your course of study is interrupted, please contact the Spirituality Program Director to discuss a plan for completion.

Q: How do I schedule travel arrangements for in-person events?
A: We strongly recommend that all participants plan to be in residence for the duration of the course. This commitment enables each participant to be fully present and participate in all course activities. Make your travel arrangements accordingly. Airline flights should not be scheduled earlier than three hours following the course's scheduled ending time. We recommend making flight arrangements no more than 30 days in advance.

Q. How do I make a housing reservation for in-person events?
A: Housing reservations on campus can be made during registration. Space is limited, so early registration is encouraged. If you prefer a single room or to room with a specific participant, please note this when registering. Housing fees are typically due at the same time as the program fee.

Appendix A

Reading and Writing Guidelines

Pre-Course Book Reflection Paper

For some residential and virtual courses, a one-page reflection paper for required books is due one week prior to the course. Asynchronous online courses do not have this requirement as reading is continuous through the course**.** We believe that reading the books and prayerfully engaging the content prior to the course acquaints you with the material in foundational and transformative ways.

Spiritual Reading

Spiritual reading is an essential discipline in the Christian life. Try following these steps:

1. Set aside a portion of uninterrupted time.
2. Find a private and comfortable space.
3. Begin by prayer asking God to make this time and space sacred.
4. Linger for a few minutes in quietness.
5. Pray to God asking that the Holy Spirit guide your reading.
6. Begin reading and pay special attention, not only to the details or thematic content, but to "holy intuitive nudges."
7. When something inside "clicks" or causes you to have an "ah-ha" moment, stop reading and pause.
8. In a notebook or journal briefly write down what thoughts or feelings arise. Wonder how God might be using these words or this book to shape or form your life.
9. Return to your reading, continuing the same prayerful process.
10. End your reading with prayer.

This discipline of spiritual reading is not only *formative* but is also *transformative* in your life and spiritual journey.

What should I write?

After you complete each book, review your notations and prayerful insights. Gather insights into a one-page reflection paper (**one-inch margins, 12-point font, double spaced**). The paper should contain two-three paragraphs. In the first paragraph give a brief overview of the book and its themes. The second and third paragraphs should contain a summary of one or two of the formative or transformative insights from your reading. You are also encouraged to write two or three questions you have about something you read. Depending on the course and instructor, your questions may or may not be addressed during plenary or small group discussions. **You are asked to submit your papers one week ahead of the class or bring a paper copy to the retreat.** Papers will be read and returned to you within two weeks of the course. Formative reading may be a new discipline for you.

Be gentle with yourself as you learn a new way to listen for God. May God meet you in your seeking.

Final Paper

The final paper or an equivalent work for each elective course is usually due within a month after the course ends. Specific due dates and assignments will be given by the instructor. It will be posted on the Moodle course site.

General Paper Guidelines

- Write a paper reflecting on the course, both the content and the experience (see below). This should not be a report about the reading and lectures, but rather a reflection about how you can integrate your learning into your life and current ministry.
- Format: No more than 5 pages, double-spaced, 12-point font, 1-inch margins
- Include a header with the name and date of the course and your name and email address.
- Name the file (Word or PDF) with your first initial and last name and the course name. ex: msmith.hospitality or rmarshall mystics, and include your name on the paper itself
- Submit papers for classes in Moodle or as directed.

Questions to ponder when writing your final paper:

- What insights did I gain; what did I learn this week/weekend?
- What questions or challenges am I dealing with?
- Something that deeply moved me was…
- When I reflect on the lectures, small group discussions and readings, I remember…
- How does all that I have experienced affect my spiritual life and/or devotional practices?
- What applications to my ministry can I make from what I learned this week/weekend?
- One thing I never knew or realized before was…
- I pray that God will help me remember and live into…

We suggest you reflect on 2-3 of these themes or learned insights. Review the lectures, small groups, and assigned exercises. Review the course and your experience during the course and consider ways of implementing and integrating your learning into your life and ministry.

In many cases instructors provide specific guidelines for the final paper. Please follow their guidelines.

We hope that in writing these papers, discernment and learning will continue after the course. Participants are encouraged to write not to impress the instructor or reader, but to write in a way that articulates insights made throughout the week/weekend of learning and subsequent reflections on the experience since then.

Due Date: The final paper for each elective course is usually due one month after the end of the course.

- Papers are reviewed by the instructor. All papers are confidentially read. Papers are not "graded," but received hospitably as the sacred story of a beloved child of God. Helpful "wondering comments" or observations are written to be in conversation with you and your story. Many readers welcome the opportunity to continue in dialogue.
- Papers are read in a prayerful and discerning manner. Readers are asked to remember that they are, in essence, "reading someone's life." Similar to the focus in spiritual guidance or direction, each reader endeavors to listen to the story and watch for God's movement and interaction. Confidentiality and prayer are vital to the integrity of this process.
- Comments are returned to the participant no later than one month after the paper's due date, and often sooner.

Note: Final papers which do not meet these requirements are returned with comments and the invitation for participants to re-write within the given parameters.

Extensions:

Please send requests for extensions to the course instructor and include a proposed completion date.

Appendix B

Practicum

The Certificate in Contemplative Spiritual Formation intentionally incorporates a "Practicum" into the curriculum program. The Practicum is a supervised practical demonstration of your spiritual leadership. The project may be offered within or outside your ordinary faith community. If the Practicum is within your church or community of faith, you must speak with the pastor or governing body to obtain permission, support and counsel. The Practicum should relate to your learning goals.

We hope that you will always be looking for ways to integrate new skills, experiences, learnings, and spiritual practices into your life, ministry, and local faith community. The goals of the CSF Practicum are to:

- Encourage the spiritual life of participants
- Equip you for ministry in Christ's church
- Empower you for mission in God's world

The Practicum is designed to offer you the opportunity near completion of the Certificate to reflect on your own spiritual leadership with a supervisor and begin or continue to incorporate your learnings into vibrant Christian ministry. To this end, we hope that you will find encouragement, guidance and support from a trusted guide as you:

a. Reflect on your own gifts and leadership as a Christian leader (being)
b. Learn, plan, practice and reflect on a new act of ministry (doing)

Prerequisites for the Practicum:

- Completion of *Introduction to Contemplative Spirituality*
- Completion of at least three of the elective courses
- Payment of tuition for the practicum

Time Requirement:

- About 20 hours, including preparation time and supervisory meetings.
- Three scheduled supervisory meetings, each approximately 1½ hour in length:
  1) Before the practicum
  2) During or shortly after the practicum is complete
  3) At closure of the supervisory process

Ideas, Themes and Suggestions for the Practicum:

- The inward/outward journey: Christian response teams for natural disasters
- Introducing spiritual practices to youth grades 6-12
- Lenten study or at home retreat for a church whose focus is social justice ministry
- Introducing contemplative worship in the style of the Taize community
- Holy rest: a retreat design for spiritual support for care-givers
- Organizing a neighborhood prayer walk or walking group
- Saturday workshop for young adults: Art-making as lectio divina
- Building a prayer trail or labyrinth
- A mid-week Bible study: introducing the Christian spiritual journey through biblical journey stories
- Faith at work: noontime centering prayer groups at the office
- Launch Contemplative Living program at your community
- Creating a support group for older adulthood

Questions to pray and ponder when preparing for the Practicum:

- How might God be inviting me to share what I have learned through courses I've taken in the Certificate in Contemplative Spiritual Formation?

- What act of ministry might enable me to "work my opposite?" What would be challenging? Not within my comfort zone? To whom might God be calling me to serve?

- How can I reach out beyond the current programs of my congregation and invite them to join me in discovering God in a new way?

- How can I reach out beyond the walls of the church and envision ministry and mission in other arenas in my life/in my neighborhood?

- How can I try a new way of leading in a familiar context? i.e. I have led a Bible study before, but how could I learn and lead in a new way?

Arranging for the Practicum for the Certificate in Contemplative Spiritual Formation Program:

When the prerequisites are satisfied (see above), you may proceed to formulate detailed plans for the practicum. The following is a summary of the process. **Note: The proposal, supervisor profile, and registration deposit mentioned below need to be submitted at least one month prior to the proposed practicum event.**

1. **Register online and pay the deposit or full course fee.** You will be assigned a

Practicum Advisor to help you. You will also be enrolled in the online course site which contains instructions for the practicum. You will submit your proposal and final assessments through this site. Register here https://events.ctsnet.edu/profile/form/index.cfm?PKformID=0x19666abcd

2. **Contact your Practicum Advisor** to discuss the practicum process, practicums ideas, and questions you may have about the process.

3. **Secure a supervisor** who has the expertise needed to be able to evaluate your event and leadership ability. You are welcome to secure a supervisor in your local community. Supervisors are asked to read and follow the guidelines in this handbook. The Supervisor Profile along with a W-9, found online at https://www.irs.gov/pub/irs-pdf/fw9.pdf, is to be completed and mailed to the Spirituality Office. **The participant is responsible for providing the supervisor with the guidelines found in this document on page 17. The forms are also available on the course site.**

4. Initiate an email or text to both your advisor and supervisor **to set up a brief video chat** with all three of you. The advisor will send the Zoom link for the meeting. This meeting will welcome the supervisor and clarify any remaining questions.

5. **Meet with your supervisor** to prayerfully discuss and discern your ideas and proposal for your practicum.

6. **Submit a 2-3-page practicum proposal through Moodle, defining:**
    a. Your personal learning goals for this practicum.
        i. How do you hope to grow, strengthen, and challenge your own spiritual leadership skills and deepen your own spiritual journey through the work of this practicum?
        ii. What new skill, process or format for ministry will be explored?
    b. Your learning goals for the participants.
    c. The program design and objectives, sample lesson plans, evaluation.

    The proposal should detail the goals, the content of and time allotted for each session and activity, the process to be used (small groups, discussion, one-on-one), and how presentations will be made (lecture, movies, slides, etc.) Other than your supervisor's evaluation, what form of evaluation from participants might you incorporate to know how effectively you met your practicum and personal goals?

    Please be sure that your name, e-mail address and phone number are included on your proposal.

    The Proposal and Supervisor Profile are due in the Spirituality Program Office at least one month prior to the practicum event. This will allow time for the advisor to

review the proposal, and for the participant to make any necessary revisions.

You need to receive written approval of the proposal and supervisor from the practicum advisor. The advisor will assist, encourage, and offer advice throughout the practicum and will read and approve all final papers.

7. Prepare and lead your practicum. (Receive evaluations from your participants at the end of the practicum.)

8. Meet with supervisor to prayerfully reflect on the practicum, your evaluations from participants, and your supervisor's evaluations.

9. Submit a final 5 to 8 page-report with three sections:

    - Personal reflections on what transpired in the practicum. Include reflections on your own learning goals as well as the goals you had for the participants. (2-3 pages).
    - Self-evaluation (2-3 pages).
    - What you learned from the practicum (1-2 pages).

The final report is due within two months after the practicum event ends. Your tuition balance ($350) is also required at this time.

Appendix C

Program Fees (as of April 2025)

Course Fee	Certificate in Contemplative Spiritual Formation Courses (CSF)	Additional information
$220	Intro to Contemplative Spirituality (ONLINE)	Required course for Contemplative Spirituality Programs including the Certificate in Spiritual Formation.
$220	Electives (ONLINE) Four-week courses	Content is via videoconferencing with multiple sessions, small groups discussions, prayer services, etc.
$450 - up	Electives (IN-PERSON) Four-day courses	The program fee does not include travel, housing, and meals. Other fees may apply depending on the facility cost.
$265	Older Adult Ministry courses (ONLINE)	
$725 (each)	Contemplative Life I &II (ONLINE)	I – Contemplative Practices in Daily Life II – Daily Life as Prayer
$750	Five-day Contemplative Retreat (IN-PERSON)	Travel, housing and meals are included. Other fees may apply depending on the facility cost.
$350	Practicum	Practicum is waived if participants want to pursue the Certificate in Spiritual Direction and/or Spiritual Retreat Facilitation
TBA	Pilgrimage	Pilgrimage provides an opportunity to reflect on what has been learned in the program and to deepen one's faith by visiting holy places for prayer, reflection, and meditation.

Appendix D

Guidelines for Practicum Supervisors
for the Certificate in Contemplative Spiritual Formation Program

Thank you for agreeing to be a Practicum Supervisor for the Certificate in Spiritual Formation program. You are an integral part of the learning and formation process for the participant you have agreed to supervise. We are ready to assist you in this important learning opportunity. Each participant is assigned a personal advisor to assist, encourage and offer advice throughout the course of the practicum. Advisors read and approve proposals and all final papers.

At the beginning of the practicum, please complete and submit an online Supervisor Profile: https://form.jotform.com/81276653131959. To receive your honorarium, please send a completed W-9* https://www.irs.gov/pub/irs-pdf/fw9.pdf to the address below or email to lifelonglearning@ctsnet.edu:

Columbia Theological Seminary
ATTN: Center for Lifelong Learning Spirituality Program
PO Box 520
Decatur, GA 30031

*This form will be kept confidential and is for tax purposes only.

Most of us have a dominant model of supervision that may be unconsciously informing our understanding of the supervisory relationship. Some of these models come from previous experiences of being supervised by others. Some reflect different theological understandings about human relationships and Christian mission. Preferred styles of learning can also inform expectations about supervision.

It is our hope that Supervisors prayerfully and intentionally companion the Certificate program participant through the practicum process.

Plan to have three face-to-face meetings during the practicum experience. One meeting should occur before the act of ministry so that you might offer support and guidance, one during the practicum so that you might observe the participant, and one after so that you might offer feedback and encouragement.

Consider how to include silence, prayer, scripture and ritual during your times together. Seek to listen for God's voice and direction as you listen to the participant's plans and stories.

Feedback and Papers
At the conclusion of the practicum, please prayerfully reflect on the practicum experience, participant's spiritual leadership, and personal growth. In what ways did you see God's tender teaching? How did the participant listen for God during the process? What growth areas do you see in the participant's leadership? How has this process or the participant's ministry affected you? Jot down your notes and reflections. Share these with the participant before s/he completes the final paper. You will also use the notes later in a final conversation with the participant.

Honorarium
We are grateful for your willingness to provide spiritual leadership for the Certificate in Contemplative Spiritual Formation program. We intend the practicum to be a meaningful experience for both you and the participant.

We are pleased to be able to offer you a small honorarium of $100. Although this probably will not cover all the time you will invest in conversation, prayer and writing, we hope that you will see this as our way of saying thank you. If you would like the check made out to someone other than yourself, please indicate this at the bottom of your profile sheet. Your honorarium is sent to you when the Advisor notifies the Spiritual Program Office that the practicum has been completed.

If you have any further questions or concerns regarding Practicum, please don't hesitate to contact Deedra Rich. the Contemplative Spiritual Formation Certification Practicum Advisor at Columbia Theological Seminary. Her email is deedra13@gmail.com.

Please note that the information and requirements contained in this handbook are periodically revised. When consulting the handbook for program requirements, please refer to the most recently updated edition at www.CTSNET.edu. For more information, please email Contemplative Spirituality Programs at Center for Lifelong Learning lifelonglearning@ctsnet.edu

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