

The Center for Spiritual Formation

The Ministry of Spiritual Direction

Common Reading Experience

Friday, February 13, 2026

“Kaleidoscope: Broadening the Palette in the Art of Spiritual Direction”

Ineda Pearl Adesanya, editor

In her chapter on Internal Liberation, Therese Taylor-Stinson quotes Howard Thurman as saying: “You are the only you that has ever lived; your idiom is the only idiom of its kind in all of existence and if you cannot hear the sound of the genuine in you, you will all of your life spend your days on the ends of strings that somebody else pulls.”

As we listen deeply to the stories that our directees share with us, it is not just important, but imperative that we know our own stories – that we might “hear the sound of the genuine” in us – so that we might “hear the sound of the genuine” in our directees.

Therefore, once you finish reading the Kaleidoscope book, we are asking you to write (or otherwise express) a small piece of your own spiritual autobiography. What are some “pivot points” or major transitions in your life that have caused you to change direction or to seek God’s movement in new ways? (For the purposes of this class, we suggest that you choose no more than 3-5 moments to focus on.) What are some of the layers of your life and existence that have shaped your story?

You may express your story in any way you like: by writing it, drawing it, painting it, sculpting it...be as creative as your soul desires.