

BECOMING A SPIRITUAL DIRECTOR

AN ONLINE IGNATIAN TRAINING PROGRAM

Offered by
Holy Trinity Catholic Church in collaboration with Georgetown University

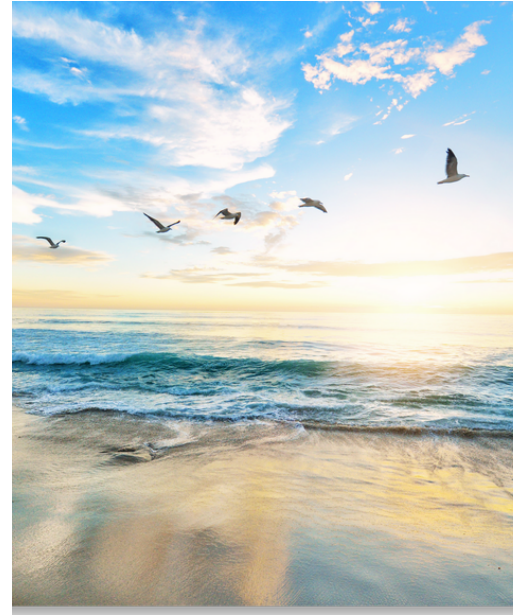
Spiritual Directors are called to guide individuals who are seeking ongoing orientation, encouragement and discernment in the life of the Spirit.

OUR PROGRAM

This holistic spiritual formation program provides the structure, content, mentoring and supervision to individuals who have discerned a call to the ministry of spiritual direction. The dynamics of the Spiritual Exercises of St. Ignatius Loyola will serve as the foundation of the program. It is designed and implemented in the spirit of *cura personalis* - adapting the person's gifts and talents while using the values and principles of the Ignatian tradition to understand situations as they arise.

OUR FACILITATORS

Father Brian McDermott, SJ. Special Assistant to the President of Georgetown University and Martina O'Shea, Director, Ignatian Retreats and Training Programs at Holy Trinity Parish and other practitioners will facilitate the program.



TIMING AND HOW TO APPLY

The Ignatian Training program is a three-year program that meets for two hours every two weeks from September to May. The next Ignatian Training program has not yet been scheduled. Thus, we are not currently accepting applications. We are taking a brief hiatus to enrich the program with recent learnings. We remain committed to providing a program that captures the subtleties and nuances that arise whenever we are learning the ways of the spirit. We will provide further information on timing and how to apply as soon as it becomes available.

"For it is not knowing much, but realizing and relishing things interiorly that contents and satisfies the soul."

*St. Ignatius Loyola
Spiritual Exercises, [2]*



SUCCESSFUL CANDIDATE PROFILE

We seek to contribute to the formation of a Spiritual Director who has the following attributes or experiences:

- Finds prayer to be an integral and habitual part of his or her life
- Has a zeal for Ignatian Spirituality
- Is open to being surprised and is intellectually curious
- Allows individuals who live on the margins of society to transform them
- Has wrestled with some dimension of their faith
- Has been approached by others who want to talk about their prayer
- Is a practicing Christian who has been active in a faith community for at least three years
- Has two references from individuals who have known the applicant for at least three years and can speak to the person's faith journey
- If in recovery, has been an active member in a Twelve Step program for at least five years and simultaneously been in a healthy living situation for at least five years
- Has been in monthly spiritual directions for at least two consecutive years and has made the Spiritual Exercises in either the 19th or 20th Annotation format within the past five years



"... one time when his eyes were opened a little, and he began to marvel at this difference in kind and reflect on it ... that some thoughts he would be left sad and from others happy, and little by little coming to know the difference in kind of spirits that were stirring: the one from the devil, and the other from God"

— Saint Ignatius of Loyola, Personal Writings

COMMITMENT TO ONGOING FORMATION

To facilitate ongoing formation, we request the following commitment from Associates:

- Intentional daily individual prayer for 30 minutes and a daily Examen
 - Monthly individual spiritual direction
 - Maintain a journal
 - Participate in an annual residency program at a retreat house on the east coast.
 - Participate in communal prayer with others in the group and in small group sharing
 - After completing the first year and following discernment with the facilitators, begin to guide directees
 - Participate in monthly individual and peer supervision
 - Meet regularly with a member of the leadership team to reflect on one's experience
-