

The Oblates of the Virgin Mary at St. Joseph Retreat House, will direct a three-session, integrative formation program for men and women interested in becoming a spiritual director and guide of the Spiritual Exercises of Ignatius of Loyola.

Each session entails two weeks of in-person instruction and practical training.

In between each session, students will engage in the ministry of direction, with the accompaniment of an approved supervisor.



St. Joseph Retreat House, Milton, MA

*in-house lodging is available for a limited number of students

Discernment of a candidate's call to be a spiritual director continues throughout the course of the program. The final determination will be made by the Formation Staff.

Prerequisites for admission:

1. Candidate has a spiritual director
2. Introduction to Theology, Scripture, and History of Christian Spirituality
3. Candidate has experienced at least an eight-day individually directed Ignatian retreat. Candidates are required to complete the full Spiritual Exercises before Session II of the program.

Application Form and Two Letters of Recommendation due by August 31, 2023

SESSION I May 27—June 8, 2024

TUITION \$1,100

ROOM AND BOARD* \$850

*Room and board is for resident students only. Non-resident students are responsible for their own lodging and transportation to and from St. Joseph Retreat House. Each student is also responsible for compensating his or her supervisor.

**FOR FURTHER INFORMATION
PLEASE CONTACT**

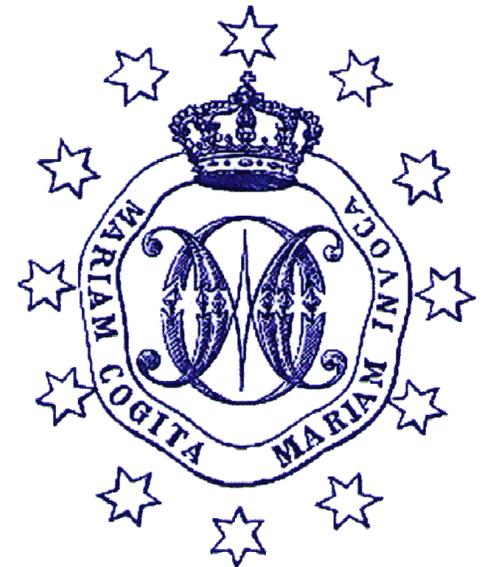
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**FORMATION PROGRAM
FOR
SPIRITUAL DIRECTORS
AND
DIRECTORS OF THE
SPIRITUAL EXERCISES
OF ST. IGNATIUS**

**ST. JOSEPH RETREAT HOUSE
MILTON, MA**

SESSION I: May 27—June 8, 2024



A work of the
Oblates of the Virgin Mary

FORMATION PROGRAM FOR SPIRITUAL DIRECTORS

God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life. John 3:16

SESSION I May 2024



The first session will be **May 27-June 8, 2024**. It will equip the student with the necessary tools to begin a journey of prayer with a fellow Christian. These tools will aid the one accompanied in learning to **pray** with

the Word of God, to become increasingly aware of the different **spiritual movements** in his or her life as a disciple of Jesus, to mature in the call to **holiness**, and to grow more **interiorly free and responsive** to the Lord's call. Topics studied include:

- Active Listening Skills and Qualities of a Helping Relationship
- Feedback, Transference, Movements and Counter-Movements
- Feelings and Images of God and Self.
- Exploring the Pray-er's Personal History, Review of Prayer and Journaling
- Consolation/Desolation, Dealing with Obstacles, Temptations and Dryness
- Stages of Life and Stages in Spiritual Growth.
- Relationship between Psychology and Spiritual Direction, Personality and Prayer
- Discernment of God's Will and Discernment of Spirits
- Conscience Examen and Particular Examen
- Supervision, the Code of Ethics and Referrals

Following Session I, each student will begin to accompany others as a spiritual director, with the guidance of an approved supervisor.

SESSION II May 2025

Before beginning Session II, the student must complete a full experience of the Spiritual Exercises — either a 30-day retreat or a 19th Annotation retreat, also known as the Exercises in Daily Life.

Session II comprises a **review** of the first summer's material in light of the **student's experience** as a director. It proceeds to address the major themes of the **Spiritual Exercises** of St. Ignatius, including:

- Historic context & development of the Exercises
- Annotations and Principle and Foundation
- First and Second Week of Exercises
- Rules for the Discernment of Spirits
- The Call of the King and the Two Standards
- Three Classes of Persons and Kinds of Humility
- Third and Fourth Week Exercises
- Contemplation to Attain Divine Love
- Rules for thinking with the Church



The Lord sheds His light into the Innermost recesses of our hearts.

SESSION III May 2026

After Session II, the student will lead someone in the 19th Annotation Exercises. This experience lasts approximately eight months, and will be accompanied by ongoing supervision.

Session III reviews the **student's experience** of having led the Exercises. It will review pertinent **Ignatian themes and theology**, and treat **further material** for the ministry of spiritual direction and guiding the Spiritual Exercises, including:



- Spirituality of Work
- History of Christian Spirituality and Prayer
- Spiritual Direction with those impacted by addiction and trauma
- Spiritual Direction with those who are suffering and in grief
- Human Sexuality and Prayer— Masculine and Feminine Spirituality
- Spiritual Direction and Inner Healing
- Guilt, Shame and Scrupulosity
- Forgiveness