

# WHAT IS

# *Spiritual* DIRECTION ?

Spiritual Direction is the process of accompanying people on a spiritual journey, encouraging them to share and reflect on their life-story. The purpose of Spiritual Direction is to help individuals explore their personal and spiritual experience as they grow closer to God. Although some people may begin direction because of personal difficulties, losses, hurts or spiritual uncertainty, Spiritual Direction is not psychotherapy or counselling.

Individuals who seek Spiritual Direction come from all walks of life, all ages, across the wide expanse of Christian denominations and sometimes from no specific spiritual tradition. The common thread among seekers is the desire to draw closer to God. The Spiritual Director helps the Directee recognize the presence of God in the ordinary happenings of daily life by inviting the Directee into a deeper relationship with a loving, faithful God.

## PROGRAM FEE

TUITION: \$2,750.00 per year; includes 100 hours of in-class training, all materials, and access to mentor/supervisor. Method of payment is negotiable.

## APPLICATION PROCESS

Applicants will submit a completed application form, a \$50.00 non-refundable application fee and two references. For successful candidates, this fee will be applied toward the course fee.

Call (403) 228-4215 to request an application package available April 2024.

An interview with SDTP Staff will determine suitability for this training.

The application deadline is July 31, 2024. There are limited spaces available.

## PLEASE CONTACT:

**SR. ANN MARIE WALSH, FCJ**  
Program Coordinator  
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**FCJ**  
RETREAT & CONFERENCE CENTRE  
A corporate ministry of the Sisters Faithful Companions of Jesus (FCJ) since 1880

# *Spiritual* Direction

TRAINING PROGRAM

A JOURNEY OF GROWTH IN  
COMPANIONING WITH OTHERS



AN ECUMENICAL, TWO YEAR, PART-TIME PROGRAM  
SEPTEMBER 2024 - JUNE 2026

# A Spiritual Journey awaits...

## TRAINING FOR THE MINISTRY

Spiritual Direction Training Program (SDTP):

- ◇ is an ecumenical, two-year, part-time program
- ◇ meets weekly with four (4) additional weekends each year
- ◇ will help you discern your call in companioning others
- ◇ provides the development of skills needed in Spiritual Direction
- ◇ promotes personal spiritual development through the integration of your faith in life

## THIS PROGRAM IS FOR:

- ◇ clergy and church workers who believe God is calling them to companion individuals who ask faith questions and seek meaning in their lives
- ◇ lay people who desire to develop their gifts and talents in the ministry of accompaniment
- ◇ Christians aware of the longing within themselves to accompany others in their journey of faith in life

## THE PROGRAM INCLUDES:

- ◇ an introduction to the Art of Spiritual Direction
- ◇ intentional listening skills
- ◇ foundational issues in spirituality
- ◇ spiritual disciplines as tools for personal growth
- ◇ varied forms of prayer
- ◇ discernment in Spiritual Direction
- ◇ theological perspectives that guide the transformation process
- ◇ standards of practice and ethical guidelines for Spiritual Directors
- ◇ the following methods for learning:
  - large group lectures and discussions
  - small groups discussions and role playing
  - written reflection papers
  - case studies, reading assignments
  - personal and group supervision
  - journal keeping
  - practice of spiritual accompaniment/direction
  - individual and group mentoring
  - evaluation

## PARTICIPANTS WILL:

- ◇ be rooted in Christian faith or have a relevant equivalent spiritual depth and tradition
- ◇ be receiving Spiritual Direction
- ◇ be thirty (30) years of age or older
- ◇ have a personal prayer practice and discipline
- ◇ have reached a maturity of faith that seeks expression in the area of companioning others
- ◇ be disciplined in attendance and keeping up with the required work
- ◇ be required to keep a journal of experiences and learnings
- ◇ be assigned a mentor to help them reflect on their experience and skill as accompaniers/directors

## COURSE DATES

**YEAR 1 - SEPTEMBER 2024 - JUNE 2025**

*(Wednesday evenings, 7:00pm - 9:30pm and 3-4 weekends)*

**YEAR 2 - SEPTEMBER 2025 - JUNE 2026**

*(Wednesday evenings, 7:00pm - 9:30pm and 3-4 weekends)*



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