



## ***SPIRITUAL DIRECTOR FORMATION***

Sponsored by the Benedictine Sisters

St. Scholastica Retreat Center

### **A 5 stage discerning and training process for those considering the Ministry of Spiritual Direction**

**Spiritual Direction** is the act of walking with people as they make their journey with God, getting in touch with who they are as persons, made in the image and likeness of God, to be manifested in the love and respect they give to themselves and others.

Prerequisite. **Retreat in Daily Life.** A seven-month experience of the *Spiritual Exercises of Saint Ignatius*. The retreat involves weekly meetings and one hour of prayer each day according to the method of the Exercises.

**Introduction to Spiritual Direction.** Presents the theory and skills necessary for spiritual direction. Focuses on the integration of personal spirituality with lived experience, cognizant of the centrality of the contemplative stance in direction.

**Spiritual Classics.** A variety of readings are studied which provide an understanding of the spiritual journey spanning more than 1600 years. Discussion is done in light of the elements of spiritual direction ministry.

**\*Practicum, Part 1.** A learning and discerning process involving immersion in study and practice of spiritual direction ministry. Instruction, reading and supervision form the basis of this year, while one directs an individual in the Spiritual Exercises. Ingoing reflection occurs through journaling, peer presentations and a discernment retreat.

**\*Practicum, Part 2.** Six classes at various times throughout the year, with actual supervised direction of one or more persons.

**Certificate of Completion.** Occurs upon completion of all stages of formation and a final interview with Sister Rachel Dietz, OSB.

*For more information, please contact St. Scholastica Retreat Center, 1205 S. Albert Pike, Fort Smith, AR 72903 and ask to speak to Sister Rachel Dietz, OSB at 479.459.7726, [rachel@stscho.org](mailto:rachel@stscho.org), Alice Nahas at 479.651.1616, [anahas@icloud.com](mailto:anahas@icloud.com) or Diana Squibb at 479.783.1135, [retreats@stscho.org](mailto:retreats@stscho.org).*

