

Commitment requested for one's ongoing formation during the program

- Intentional daily individual prayer for 30 minutes and a daily Examen
- Monthly individual Spiritual Direction
- Maintain a journal
- Make an annual Ignatian retreat
- Participate in communal prayer with others in the group and in small group sharing
- Upon completion of the first year and following discernment with the facilitators, participants in Spiritual Direction formation will begin to guide three individuals. And participants in Spiritual Companionship formation will begin to accompany two individuals
- Participate in monthly individual and peer supervision
- Meet with a member of the leadership team to reflect on one's experience



Cost

Because the program is sponsored by Holy Trinity parishioners' generous contributions to the Jesuit-Inspired Special Project, which is part of the Capital Campaign, we are able to keep the cost low.

Tuition is \$1500 for the Spiritual Director Program and \$800 for the Spiritual Companion Program. This includes all materials. No one will be turned away because of an inability to pay.

How to apply

Request an application packet from Martina O'Shea at moshea@trinity.org

For questions, contact Martina O'Shea at the email address above or 202-903-2810.

Complete the materials and return them to Martina O'Shea.



IHS are the first three Greek letters of Jesus' name. In 1541, St. Ignatius Loyola adopted the monogram in his seal as Superior General of the Society of Jesus (Jesuits). The name of Jesus is surrounded by a flaming sunburst with the cross and three nails that are used to signify the vows taken by Jesuits.

Ignatian Training Program

becoming
Spiritual Directors
or
Spiritual Companions



Ignatian Spirituality & Prayer Ministry
Holy Trinity Church

The Jesuit parish in the nation's capital

3513 N Street NW
Washington, DC 20007
202-337-2840

trinity.org/ignatian-spirituality

Holy Trinity is working in collaboration with
Georgetown University and
the Ignatian Spirituality Project (ISP)

Program

The program will provide structure, content, mentoring and supervision to individuals who discerned a call to the ministry of spiritual direction or spiritual companionship.

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

Spiritual Companions are called to accompany men and women for a short time as they discover, develop, and deepen an intentional relationship with God, such as individuals who participate in the Ignatian Spirituality Program, a retreat program for men and women in recovery from addictions and homelessness.



The seminar will be facilitated by

Father Brian McDermott, SJ, Special Assistant to the President of Georgetown University, Martina O'Shea, Pastoral Associate for Ignatian Spirituality & Prayer at Holy Trinity Parish and other trained Ignatian colleagues.

Our assumption

The dynamics of the Spiritual Exercises of St. Ignatius Loyola will serve as the foundation for the program.

This holistic spiritual formation program is designed and implemented in the spirit of *cura personalis* - adapting to the person's gifts and talents while using the values and principles of the Ignatian tradition to understand situations as they arise.

We seek to help form a minister who

- 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 is active in a faith community for at least 3 years
- Has two references from individuals who have known the applicant for at least 3 years and can speak to the person's faith journey

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The shoes of St. Ignatius Loyola

- If in recovery, has been an active member in a Twelve Step program for at least 5 years, while simultaneously in a healthy living situation.
- If becoming a **Spiritual Director**, has been in monthly spiritual direction for at least two years and has made either the 19th or 20th Annotation retreats
- If becoming a **Spiritual Companion**, has been in monthly spiritual direction for at least one year and has made a form of the Spiritual Exercises over an extended period of time



Program requirements

We will meet on Tuesdays or Wednesdays at Holy Trinity from 6:00 - 8:00 PM

Participation in all **Spiritual Director** formation sessions from September, 2018 – May, 2021

Participation in all **Spiritual Companion** formation sessions from September, 2018 - December, 2019