

Cost

Tuition is \$295, which includes all materials. No one will be turned away because of an inability to pay.

The program is developed and sponsored by Holy Trinity parishioners' generous contributions to the Capital Campaign.



He did not consider nor did he stop to examine this difference until one day his eyes were partially opened and he began to wonder at this difference and to reflect upon it. From experience he knew that some thoughts left him sad while others made him happy, and little by little he came to perceive the different spirits that were moving him...

St. Ignatius Loyola
A Pilgrim's Journey, p. 15

Our assumptions

The seminar will draw on the dynamics and prayer practices found in the Spiritual Exercises of St. Ignatius Loyola, which are grounded in the Gospel.



Our facilitators place primary importance on the call each person receives from God for this ministry. We value the dialogue between facilitators and participants as a means to confirm an individual's call to the ministry of accompaniment and discernment.



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 vow taken by Jesuits.

Explore and Discern

*a call to the ministry of
Spiritual Direction or
Spiritual Listening*



Holy Trinity Church

A Jesuit-sponsored parish
3513 N Street NW
Washington, DC 20007

Holy Trinity is working in collaboration with Georgetown University, The Jesuit Collaborative (TJC), and the Ignatian Spirituality Project (ISP).

Program

The seminar is designed to help individuals who are feeling drawn to the ministry of either *spiritual direction* or *spiritual listening* to explore his/her desire and abilities for this ministry and to discern if indeed God is calling the person to further formation.

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

A *Spiritual Listener* is one who is called to accompany, one-on-one, men and women who have made an Ignatian Spirituality Project (ISP) retreat, which is based on the Spiritual Exercises and the Twelve Steps and designed for individuals in recovery from addictions and homelessness.



The seminar will be facilitated by:

Father Brian McDermott, SJ

Special Assistant to the President of
Georgetown University

and

Martina O'Shea

Pastoral Associate for Ignatian
Spirituality and Prayer at Holy Trinity

The seminar is appropriate for a person who:

- Wants to discern whether a nudge or an attraction for this ministry is a call from God
- Is a practicing Christian who is active in a faith community for at least 2 years
- Has been in monthly spiritual direction for at least one year
- Has made at least two Holy Trinity retreats in daily life, or Georgetown University's prayer in daily life retreat, or an ISP retreat, or the 19th or 20th Annotation
- Is beginning to articulate her/his faith journey
- Has two references from individuals who know the person well
- If in recovery, has been an active member in a Twelve Step program for at least 5 years, and has been in a stable and healthy living situation for at least 5 years



Commitment to one's ongoing formation during the seminar:

- Intentional daily individual prayer for 30 minutes and a daily Examen
- Monthly individual Spiritual Direction
- Maintain a journal
- Participate in communal prayer with others in the group and in small group sharing
- Meet with a seminar facilitator to reflect on one's experience

