



The shoes of St. Ignatius Loyola

Commitment requested for Associate's ongoing formation:

- Intentional daily individual prayer for 30 minutes and a daily Examen
- Monthly individual spiritual direction
- Maintain a journal
- Make an annual 8-day silent retreat
- Participate in communal prayer with others in the group
- Complete all assigned readings and reflections in small and large groups
- Continue to be an active member of a faith community.
- After completing the seminars and in discernment with the facilitators who will confirm their readiness to give the Exercises, the Associate will give the Spiritual Exercises in the 19th Annotation format to one or two retreatants under close individual supervision.

Program requirements

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

Participation in all formation seminars from September, 2020 – May, 2022. 'Give' the full Spiritual Exercises and receive individual supervision from 2022-2023. A certificate of completion will be given May, 2023.

Cost

Because the program is sponsored by Holy Trinity parishioners' generous contributions to the Parish Pledge Program, we are able to keep the cost low. Tuition is \$3,000 for the entire program and includes all books, materials, hospitality, and supervision.

How to apply

For questions or to request an application packet, please contact Martina O'Shea at the moshea@trinity.org or 202-903-2810.

The application deadline is **June 30, 2020**. Invitations to participate in the program will be extended on or before July 31, 2020.



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.

The Peter Faber Training Program



to give

The Spiritual Exercises of St. Ignatius Loyola



Ignatian Spirituality & Prayer Ministry
Holy Trinity Catholic Church

The Jesuit parish in the nation's capital

3513 N Street NW
Washington, DC 20007

The inspiration of St. Peter Faber



St. Peter Faber was one of the first Jesuits. He met Ignatius Loyola when they roomed together and studied at the University of Paris.

Faber made the full Exercises only after spending four years in spiritual conversation with Ignatius. Once he

made them, however, Faber proved to be a master 'giver' of the Exercises. In Ignatius' estimation, Faber was the best of all the first companions in giving the Exercises to others.

We cherish the Exercises as Ignatius' gift to the Church. Not only do the Exercises help people on their own journey of faith, but they can animate the spiritual, pastoral, theological, and liturgical life of the Church.

In offering this innovative program for training in the Spiritual Exercises, we rely on the patronage of Peter Faber. We aspire to form compassionate and competent guides of the Exercises who will serve the larger Church and the People of God in Washington and the surrounding area.

"Seek grace in the smallest things, and you will find also grace to accomplish, to believe in, and to hope for the greatest things."
- St. Peter Faber

Our assumption

This holistic spiritual formation program is designed and will be implemented in the spirit of *cura personalis* - adapting the program as it unfolds 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 train a 'giver' of the Spiritual Exercises who

- Has made the full Spiritual Exercises according to the 19th or 20th Annotation format with a trained Ignatian guide
- Finds prayer to be an integral and habitual part of his or her life
- Has a zeal for Ignatian spirituality and wants to share that with others
- Is open to being surprised and is intellectually curious
- Allows individuals who live on the margins of society to affect them
- Has wrestled with some dimension of their faith
- Is currently *giving* individual spiritual direction
- Is a practicing Christian who has been active in a faith community for at least five years
- Has two references from individuals who have known the applicant for at least five years
- Has been *receiving* monthly spiritual direction for at least five years



The monastery at Montserrat, Spain.

Program

The Peter Faber Program forms skilled ministers of the Spiritual Exercises for ministry to the People of God in Washington and the surrounding area. The program enables participants to develop the competencies included in the document, "Guiding Standards for Those Who Give the Spiritual Exercises" approved by the Jesuit provincials of Canada and the United States, 2015.

The content of the program includes seminars on the Text, Structure and Dynamics of the Spiritual Exercises, Introduction to Biblical Scholarship & the New Testament and Christology.

Using an adult learning model, Associates participate in small and large group discussion, reflect on their experiences of studying the Spiritual Exercises, engaging with Scripture and encountering Christ through Christology.

The program models the Ignatian paradigm of integrating one's experience with reflection, which can lead to understanding and appropriate action.

Individual supervision is crucial to appropriating the learning that comes from the Associate's experience of giving the 19th Annotation retreat in combination with the learning from the rest of the seminar.



The program will be facilitated by

Father Brian McDermott, SJ, Special Assistant to the President of Georgetown University; Martina O'Shea, Director, Ignatian Retreats and Training Programs at Holy Trinity Parish and other Ignatian scholars and practitioners.