

## Cost

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

The program was created and is sponsored by Holy Trinity parishioners' generous contributions to the 2013 Capital Campaign,

## How to apply:

Request an application packet from [moshea@trinity.org](mailto:moshea@trinity.org) or 202-903-2810. Complete the application forms and return them to Martina O'Shea **before November 15, 2020**. Invitations to participate in the seminar will be sent out on or before **December 6, 2020**.



*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 discern 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 formation to become*

**A Spiritual Director or**

**Spiritual Companion**



**Ignatian Spirituality & Prayer Ministry  
Holy Trinity Catholic Church**

*The Jesuit parish in the nation's capital*

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

[trinity.org/ignatian-spirituality](http://trinity.org/ignatian-spirituality)

## Program

The seminar is designed to help individuals who are feeling drawn to the ministry of either *spiritual direction* or *spiritual companionship* 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 Companion* is one who is called to accompany, on a short-term basis, men and women who are 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

Director of Ignatian Retreats and  
Training Programs

## The seminar is appropriate for a person who:

- Wants to discern whether 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 retreats in daily life, or the Spiritual Exercises in the 19th or 20th Annotation format
- Is beginning to articulate her/his faith journey
- 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



## Seminar requirements:

Participate in all ten sessions **Tuesdays**  
from 6:00 – 8:00 pm on Zoom

**2021**

January 12 and 26

February 2 and 16

March 9 and 30

April 13 and 27

May 11 and 18



## 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