

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 one Residency each year of the program at a retreat house on the east coast– dependant on the status of the pandemic
- 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 training will begin to guide directees. Participants in Spiritual Companionship training will begin to accompany individuals at their pastoral setting.
- Participate in monthly individual and peer supervision
- Meet regularly with a member of the leadership team to reflect on one's experience



Cost

The program is sponsored by Holy Trinity parishioners' generous contributions.

Tuition is \$2500 for the Spiritual Director Program and \$1250 for the Spiritual Companion Program.

How to apply

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

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

Once we receive your completed application, we will invite you to meet with Fr. McDermott and Martina O'Shea on Zoom.

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

Application deadline: June 15, 2021



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.

An Online Ignatian Training Program

becoming

Spiritual Directors

or

Spiritual Companions



Ignatius Spirituality & Prayer Ministry
Holy Trinity Catholic Church
The Jesuit parish in the nation's capital

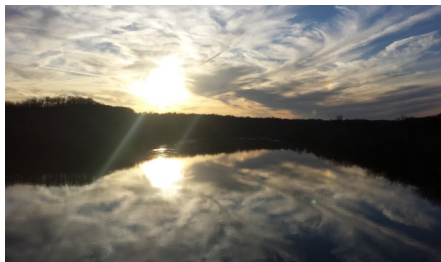
3513 N Street NW
Washington, DC 20007
202-337-2840
trinity.org/ignatian-spirituality

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 Project, 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, Director of Ignatian Retreats and Training Programs, 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 consecutive years and has made the Spiritual Exercises in either the 19th or 20th Annotation formats within the past 5 years.
- If becoming a **Spiritual Companion**, has been in monthly spiritual direction for at least one uninterrupted year, has made an individually-directed Ignatian retreat, and is currently working or volunteering with individuals in recovery, or engaged in other pastoral ministry.



Program requirements

We will meet on Tuesdays or Wednesdays on Zoom from 6:00 - 8:00 PM

Participation in all **Spiritual Director** formation sessions from September, 2021– May, 2024

Participation in all **Spiritual Companion** formation sessions from September, 2021 - December, 2022