



THE PETER FABER TRAINING PROGRAM

to Give the Spiritual Exercises of St. Ignatius Loyola

*Offered in person on the campus of
Holy Trinity Catholic Church in Washington, DC*

We cherish the Spiritual Exercises as St. 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.

OUR ASPIRATION

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.

PROGRAM CONTENT

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

PROGRAM MODEL

Using an adult learning model, Associates participate in small and large group discussion, reflect on their experiences of studying the Spiritual Exercises, engage with Scripture and encounter Christ through Christology. The program models the Ignatian paradigm of integrating one's experience with reflection, which can lead to understanding and appropriate action.

SUPERVISION

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.



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 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.

OUR FACILITATORS

Our primary facilitator will be Deacon Ed McCormack, Senior Coordinator for Ignatian Training at Holy Trinity Parish. Other Ignatian scholars and practitioners will be engaged as needed throughout the program.

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

- St Peter Faber

SUCCESSFUL CANDIDATE PROFILE

Our program is designed to train a 'giver' of the Spiritual Exercises who can bring the following experiences, practices and beliefs to this ministry:

- 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

*"Take care, take care,
never to close your heart
to anyone."*

- St Peter Faber

TIMING

The program consists of bi-weekly two-hour sessions over a three-year period from September through June. In the first two years, associates study the dynamics of the Spiritual Exercises, Christology and Sacred Scripture. In the third year, associates receive individual supervision, give the Spiritual Exercises in the 19th Annotation format, and integrate their academic training with their experience of guiding an exercitant.

PROGRAM COST

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

HOW TO APPLY

For questions or to request an application packet, please contact Catherine Heinhold at cheinhold@trinity.org or 202-903-2819. The application deadline is June 27, 2025. Invitations to participate in the program will be extended on or before July 31, 2025.

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

COMMITMENT TO ONGOING FORMATION

To facilitate ongoing formation, we request the following commitment from Associates:

- Intentional daily individual prayer for 30 minutes and a daily Examen
- Monthly individual spiritual direction
- Maintain a journal
- Make an 8 day silent retreat each year of the program
- 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

