

EXPLORE AND DISCERN

A Call to Formation to Become a Spiritual Director

Offered by
Holy Trinity Catholic Church in Washington, DC

This program is designed to help individuals who are feeling drawn to the ministry of spiritual direction explore the desire and ability for this ministry and to discern if indeed God is calling the person to apply to a training program.

OUR PROGRAM

The Explore and Discern seminar, offered online, draws on the dynamics and prayer practices found in the Spiritual Exercises of St Ignatius Loyola, which are grounded in the Gospel. It 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 two 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 five years, and has been in a stable and healthy living situation for at least five years*



OUR FACILITATORS

Our primary facilitator is Deacon Ed McCormack, Senior Coordinator for Ignatian Training at Holy Trinity Catholic Church, Washington, DC. Other Ignatian scholars and practitioners will join the program as needed..

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 spiritual guidance.

Holy Trinity Catholic Church
3513 N Street NW
Washington, DC 20007
202-337-2340





COMMITMENT TO EXPLORATION

The Explore and Discern program consists of 10 two-hour sessions over a five month period. It is essential that participants attend all sessions to benefit from the program.

The next Explore and Discern program will begin in spring of 2026 and will take place on Wednesday evenings. We will provide application instructions closer to the date.

COMMITMENT TO ONGOING FORMATION

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

- *Engage in intentional individual daily prayer for 30 minutes and a daily Examen*
 - *Receive monthly individual spiritual direction*
 - *Maintain a journal*
 - *Share one's experience in small and large groups*
 - *Participate in communal prayer with others in the group*
 - *Meet with seminar facilitators to reflect on one's experience*
-

HOW TO APPLY

We will begin accepting applications closer to spring 2026. We will update the brochure and the website with application information at that time.

COST

Tuition is \$295 and includes all materials. No one is turned away due to inability to pay. The program is sponsored by the generous donations of Holy Trinity parishioners.
