

BECOMING A SPIRITUAL DIRECTOR

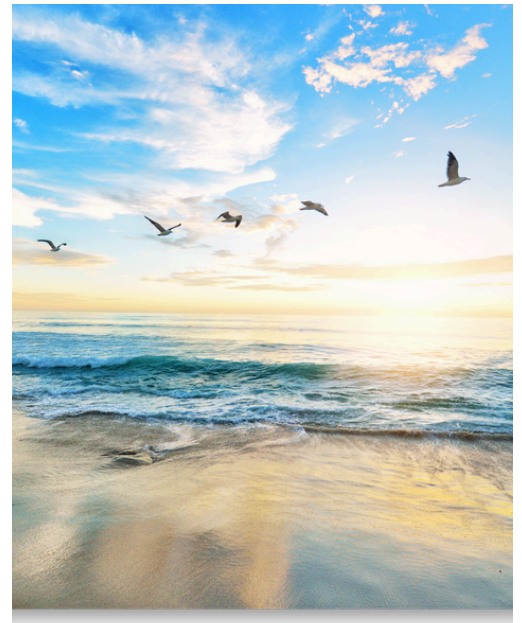
IGNATIAN TRAINING PROGRAM

*Offered by
Holy Trinity Catholic Church in Washington, DC*

Spiritual Directors are called to accompany fellow Christians through their life journey to help foster their relationship with God. A spiritual director listens for how God is acting in a person's life to help them respond to God and live out the consequences of that relationship.

OUR PROGRAM

The Ignatian Training Program provides participants with the theological content, skill development, and spiritual formation essential to becoming a spiritual guide. The program begins with a study of the Biblical and Theological background understanding of how the Triune God relates to creation and humanity. It then explores the common ways people respond to God's presence and the skills needed to accompany a person drawn particularly from Ignatian Spirituality. The program also provides mentoring, peer supervision, and individual supervision to participants as they learn to offer spiritual direction.



OUR FACILITATORS

Ed McCormack, Ph.D., Senior Coordinator of Ignatian Training Programs at Holy Trinity Parish and other practitioners will facilitate the program.

TIMING AND HOW TO APPLY

The Ignatian Training program meets for two hours every two weeks from September to May. The next Ignatian Training program will begin in the fall of 2026. The cost of the program is \$2,000 including books and materials. No one is turned away due to inability to pay.

"For it is not knowing much, but realizing and relishing things interiorly that contents and satisfies the soul."

*St. Ignatius Loyola
Spiritual Exercises, [2]*

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SUCCESSFUL CANDIDATE PROFILE

We seek to contribute to the formation of a Spiritual Director who has the following attributes or experiences:

- Finds prayer to be an integral and habitual part of his or her life
- Has a zeal for Ignatian Spirituality and 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 has been active in a faith community for at least three years
- Has two references from individuals who have known the applicant for at least three years and can speak to the person's faith journey
- If in recovery, has been an active member in a Twelve Step program for at least five years and simultaneously been in a healthy living situation for at least five years
- Has been in monthly spiritual directions for at least two consecutive years



"... one time when his eyes were opened a little, and he began to marvel at this difference in kind and reflect on it ... that some thoughts he would be left sad and from others happy, and little by little coming to know the difference in kind of spirits that were stirring: the one from the devil, and the other from God"

— Saint Ignatius of Loyola, Personal Writings

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
 - Participate in an annual residency program at a retreat house on the east coast.
 - Participate in communal prayer with others in the group and in small group sharing
 - After completing the first year and following discernment with the facilitators, begin to guide directees
 - Participate in monthly individual and peer supervision
 - Meet regularly with a member of the leadership team to reflect on one's experience
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