

For Men and Women...

Clergy, Religious, and Laity
Who are in Christian Ministry

In Parishes, Schools, Retreat Centers...

Cenacle Retreat House offers a three year formation program for Spiritual Directors/Companions which is designed so that participants will acquire the conceptual background and skills to develop a framework for understanding and a competency in fostering spiritual growth in others. The program will be interdisciplinary, experiential and process oriented. Each course will be developed and given by a team providing professional and theological input. Using the shared Christian praxis method where applicable, participants will be helped to integrate the new content with their own experience.

Those who satisfactorily complete the program will receive a certificate of completion of the Program of Formation for Spiritual Directors/Companions.

For Information and Application



Cenacle Retreat House

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A Three Year Formation Program Description of Program

First Year

Participants will be helped to understand their own spiritual experience and discern their call to the ministry of spiritual direction/companionship. The year begins with a Faith sharing weekend and will include a directed retreat experience.

Course Themes:

1. Foundations of Spiritual Direction/Companionship: Prayer and Spirituality
2. Human Development and Spiritual Direction

Second Year

In light of the experiences and learnings of the previous year, participants will develop a framework for understanding and competency in fostering growth in others. Participants may act as spiritual companions under supervision.

Course Themes:

1. Understanding our Spiritual Heritage
2. Refining Approaches in Spiritual Direction

Third Year. A Practicum Year

Participants will do spiritual direction in their sponsoring faith communities under supervision. They will meet regularly for sharing, additional instruction, skill development and supervision.

Admission Procedure

Each applicant will submit:

- ♦ Application form with \$20.00 fee (non-refundable)
- ♦ A recommendation form from the sponsoring faith community
- ♦ Three letters of recommendation/evaluation
- ♦ Official Transcript of academic work

After the above have been received, an Admission Committee will interview applicants individually and make recommendations.

Admission Requirements

Applicants must be persons of faith who are:

- ♦ Sponsored by a faith community in which the participant will minister during the third year practicum and beyond.
- ♦ Willing to enter into a process of discernment regarding their call to the ministry of spiritual direction/companionship
- ♦ In possession of a bachelors degree or its equivalent and additional background in theology, counseling, retreats, group work, etc.; Formation toward Christian Ministry certificate or equivalent
- ♦ Mature, having a minimum of five years reflective life experience
- ♦ Willing and able to make a commitment to the three year process
- ♦ Receiving spiritual direction or open to being assigned a spiritual director after needs are determined

(Experience of having made a directed retreat helpful)

Program Requirements

- ♦ Be regular in attendance at scheduled sessions
- ♦ Be actively and enthusiastically involved in the process
- ♦ Do the readings and outside assignments
- ♦ Demonstrate satisfactory understanding and aptitude to do spiritual direction
- ♦ Discern their call to this type of spiritual ministry with their spiritual director

Tuition

\$500 per semester of which at least half could come from the sponsoring community.

Application Fee: \$20.00 (non-refundable)