

## PROGRAM INFORMATION

Your intense training in Spiritual Direction will consist of 30 weeks of classes and six months of supervised practicum. This laser focused program is designed to help equip parishes with individuals trained to help others in their spiritual journey. Classes begin **January 2024** and continue through the end of August. They will be held on Tuesday evenings, 7-9pm. A minimum of 2 hours per week of outside reading is expected. Participants will meet in the A.B. May Room at the Cardinal Rigali Center. 15-20 Maximum Students.

## ADMISSION REQUIREMENTS

Applicants should have completed a minimum of one year of spiritual direction with a trained Spiritual Director and agree to continue in spiritual direction for the course of study. Three letters of recommendation are required. One from your parish priest. There will be an initial interview process. Applicants should exhibit maturity of faith and be able to narrate their faith journey and current spiritual practices with an ability to articulate an understanding of spiritual guidance and realize a discernment to the call of spiritual direction.

## FEES

\$1100 per student for  
Certificate in Spiritual  
Direction Classes

\$300 per student for 12  
supervised practicum sessions

Additional cost for  
books and supplies

**To acquire an application,  
contact Jane Guenther  
at [janequenther@archstl.org](mailto:janequenther@archstl.org) or  
for questions call  
314-792-7734**



CATHOLIC RENEWAL CENTER  
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BUILD MY CHURCH



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Catholic Renewal Center

# Certificate In Spiritual Direction

ASK YOURSELF:

ARE YOU CALLED TO  
ACCOMPANY  
OTHERS ON THEIR  
FAITH JOURNEY TO A  
DEEPER INTIMACY  
WITH CHRIST?

# Spiritual Direction

Christian Spiritual Direction is a ministry of holy listening. It is here that the spiritual director helps the directee to recognize the true center of their lives, the core of their very being where the Holy Spirit dwells. The real spiritual director is God. God touches the human heart directly. As a spiritual director you will not direct by giving advice or solving problems, but rather through prayer and discernment. Spiritual direction is a relationship that is going somewhere. God is leading the person to a deeper faith and more generous service. It is not stagnant; it is continually moving forward. Through this program the Holy Spirit is allowed to form by means of both contemplative and evocative training. Contemplative is asking how God is present and evocative by drawing out what is happening. This approach will prepare you to pursue your calling as a spiritual director and journey with others to Christ.

*“I, like Pope Francis believe that Spiritual Direction is a charism. This program will help our parishes come alive with the discovery of God’s presence deep within. By having more who are trained to walk the spiritual journey with others we will be more vibrant communities. It is a true calling to accompany others and tend the holy within them.”*

— Archbishop Robert J. Carlson

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## The Journey

On your journey to becoming a spiritual director you will acquire a broad appreciation for the varying ways that God speaks and moves in our lives.

### **Monthly topics will include:**

- Universal Call to holiness
- The Elements of Spiritual Direction
- Principles and Goals of Spiritual Direction
- The Spiritual Masters – St. Francis de Sales, St. Ignatius of Loyola, St. Catherine of Siena, St. Benedick, St. Teresa of Avila
- Foundations in Scripture
- Scripture use in Spiritual Direction
- Healing and Spiritual Direction
- Psychology and spiritual Direction
- The Gifts of the Holy Spirit in Spiritual Direction
- Discernment in Spiritual Direction

**The practice of Spiritual Direction– “Spiritual Direction is help given by one Christian to another which enables that person to pay attention to God’s personal communication to him or her to respond to this personally communicating God, to grow intimacy with this God and to live out the consequences of the relationship”.**

— William Barry S.J.