

Program Structure

The **Spiritual Direction Training Program** is a two-year program during which participants will come together eight times for a weekly session beginning at noon Monday and ending at 1 p.m. Friday.



Mount Saint Joseph Conference and Retreat Center
Located 15 miles west of Owensboro, Ky.

This program prepares participants for the ministry of spiritual direction from a Catholic perspective and in the spirit of Saint Angela Merici. During each of the eight weeks, participants will enter into study, reflection, and prayer around a topic fundamental to the understanding and practice of spiritual direction. There will be daily opportunities for Eucharist, prayer, and reflection in an atmosphere of contemplation.

Spiritual Direction Sessions

- Week One: **Spirituality** **October 18-22, 2010**
- Week Two: **Spiritual Direction** **January 17-21, 2011**
- Week Three: **The Inner Journey** **May 2-6, 2011**
- Week Four: **Prayer and Scripture** **July 25-29, 2011**
- Week Five: **Theology** **October 3-7, 2011**
- Week Six: **Ethics of Spiritual Direction** **January 23-27, 2012**
- Week Seven: **Supervision** **April 23-27, 2012**
- Week Eight: **Case Studies and Retreat** **July 23-27, 2012**

The program will conclude with a retreat.

Presence at all sessions is required to receive a certificate.

For more information, contact Sheila Blandford
270-229-0200, ext. 427 • sheila.blandford@maplemount.org

Coordinating Team



Sister Amelia Stenger, OSU, director of Mount Saint Joseph Conference and Retreat Center, has a background in education and continues to give retreats for teachers and principals, workshops on leadership, and environmental days for young people.



Sister Ann McGrew, OSU, is pastoral associate for Saint Martin Parish in Rome, Ky. She holds a master's degree in religious studies from Loyola University in Chicago. Sister Ann received certification in spiritual direction formation at the Institute of Religious Formation at Saint Louis University and the Hesychia School of Spiritual Direction at the Redemptrist Retreat Center in Tucson, Ariz. She is a spiritual director and retreat director.



Sister Elaine Burke, OSU, holds a master's degree in religious education from Catholic University in Washington, D.C. She is a physical and spiritual presence for the department of theology at Brescia University, Owensboro, Ky. She was assistant director of Mount Saint Joseph Conference and Retreat Center for 16 years, and is an experienced spiritual director and retreat director. She holds certification in spiritual direction from Our Lady of Guadalupe Abbey in Pecos, N.M.



Sister Marietta Wethington, OSU, is experienced in directing retreats and in spiritual direction. She has studied retreat and spiritual direction in the Focus on Leadership program at Gonzaga University and holds certification in spiritual direction from the New Life Center in Middleburg, Va., and from the Hesychia School of Spiritual Direction at the Redemptorist Renewal Center in Tuscon, Ariz. Sister Marietta serves as director of spiritual formation for Ursuline Partnerships (associates/alumnae) for the Ursuline Sisters of Mount Saint Joseph.



Fr. Larry Hostetter, Brescia University president, addresses the 2008-10 class



Sister Elaine prays a blessing for Rusty Weitzel, a 2006-08 participant



Spiritual Direction 2004-06 Class

REGISTRATION

Spiritual Direction Training Program 2010-2012

Application Fee: \$ 25 (Nonrefundable)
Tuition (Year One): \$995 Four Sessions
Tuition (Year Two): \$995 Four Sessions
Room and Board: \$385 per Session

Name _____

Address _____

City _____

State _____ Zip _____

Email _____

Method of Payment

Check Visa MasterCard

Amount Enclosed \$ _____

Credit Card# _____

Expiration Date ____/____/____

Signature _____

Please return this form with your nonrefundable application fee by **Aug. 31, 2010** to:
Spiritual Direction Training Program
Attn: Sheila Blandford
Mount Saint Joseph Conference and Retreat Center, 8001 Cummings Road,
Maple Mount, KY 42356-9999
For more information,
call Sheila at (270) 229-0200, ext 427
sheila.blandford@maplemount.org

SPIRITUAL DIRECTION TRAINING PROGRAM

2010-2012



The mission of this program is to prepare people for the ministry of spiritual direction and to enhance the skills of experienced spiritual directors, in the spirit of Saint Angela Merici

MOUNT SAINT JOSEPH
CONFERENCE AND RETREAT CENTER
MAPLE MOUNT, KENTUCKY
WWW.MSJCENTER.ORG

What is Spiritual Direction?



Spiritual direction is the art of listening and companionship while creating an atmosphere of openness, honesty and prayer. The director helps the directee to discern the movement of the Spirit in his or her life.

Spiritual direction has been a part of the Christian tradition for centuries. People today continue to search for competent directors who will walk with them on their faith journey.

The Spiritual Direction Training Program at Mount Saint Joseph is an opportunity to develop and practice skills necessary to learn the art of spiritual direction. The rural setting of Mount Saint Joseph Conference and Retreat Center offers the quiet and serene atmosphere for prayer and discernment that is needed for this type of program.



The Spiritual Direction Training Program is open to those who are called to the practice of spiritual direction.

The program is designed for both experienced directors and those who feel the call to this ministry. Under competent supervisors, both beginning and experienced directors will have opportunities to learn and refine their skills.



"I continue to use these insights and skills in my spiritual mentoring, parish ministries, and as a participant in small faith sharing groups."

- Larry Devocelle, received certification 2004-2006



PLEASE NOTE: Mount Saint Joseph Conference and Retreat Center is a nonsmoking facility. Thank you for your consideration and cooperation.