

Program Structure

The **Spiritual Direction Training Program at Mount Saint Joseph** began in 2004. More than 35 people from across the U.S. have completed the two-year program. Participants come together eight times for a weekly session beginning at noon Monday

and ending at 1 p.m. Friday. 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.



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

Spiritual Direction Sessions

- Week One: **Spirituality** **October 22-26, 2012**
- Week Two: **Spiritual Direction** **January 14-18, 2013**
- Week Three: **The Inner Journey** **April 15-19, 2013**
- Week Four: **Prayer and Scripture** **July 22-26, 2013**
- Week Five: **Theology** **October 14-18, 2013**
- Week Six: **Ethics of Spiritual Direction** **January 13-17, 2014**
- Week Seven: **Supervision** **April 7-11, 2014**
- Week Eight: **Case Studies and Retreat** **July 21-25, 2014**

The program will conclude with a retreat.

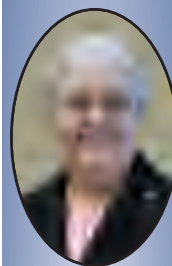
Presence at all sessions is required to receive a certificate.

For more information, contact Sheila Blandford

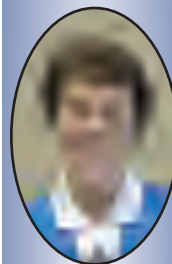
270-229-4103, ext. 804 • sheila.blandford@maplemount.org

You can also find out more on our website: www.msjcenter.org

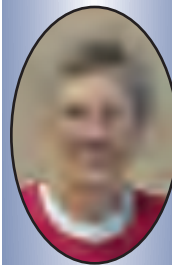
Coordinating Team



Sister Ann McGrew, OSU, is director of Mount Saint Joseph Conference and Retreat Center. She holds a master's degree in religious studies from Loyola University in Chicago and a certificate in religious formation from Saint Louis University in St. Louis, Mo. Sister Ann received certifications in spiritual direction from the Hesychia School of Spiritual Direction at the Redemptorist Retreat Center in Tucson, Ariz., and the Institute of Religious Formation at Saint Louis University. She is a spiritual director and retreat director. Sister Ann gives days of prayer for adults and youths. She has worked in the Spiritual Direction Training Program at Mount Saint Joseph Conference and Retreat Center since its inception in 2004.



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, based in Spokane, Wash., 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 Tucson, Ariz. Sister Marietta serves on the pastoral care staff for the residents in Mount Saint Joseph Villa and as a staff member of Mount Saint Joseph Conference and Retreat Center.



Spiritual Direction participants conduct a group prayer in the Saint Angela Oratory



Sister Cheryl Clemons, OSU, leads a spiritual direction session



Spiritual Direction 2010-12 Class

REGISTRATION

Spiritual Direction Training Program 2012-2014

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 _____

Phone _____

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, 2012** 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) 229-4103, ext 804
sheila.blandford@maplemount.org

SPIRITUAL DIRECTION TRAINING PROGRAM

2012-2014

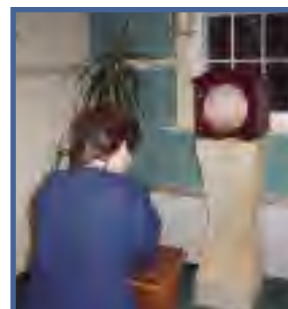
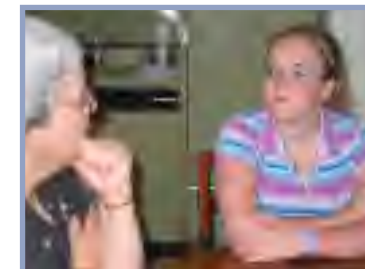


The mission of this program is to prepare people for the ministry of spiritual direction and to enhance the skills of experienced spiritual directors, in the spirit of Saint Angela Merici

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 someone 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 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.



"The first part of the session helped me so much spiritually. There are no words to express it. Being with the Ursuline Sisters made the training special. The sisters are such a wonderful group of ladies, and the Mount is such a holy place."

- Martha Little of Owensboro, Ky., received certification 2006-08



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