

# THE MINISTRY OF SPIRITUAL DIRECTION PROGRAM FALL 2020

## A NEW CLASS OF THE MINISTRY OF SPIRITUAL DIRECTION PROGRAM BEGINS SEPTEMBER 2020

St. Michael's will continue it's partnership with the Center for Spiritual Formation from Carlisle, PA to offer a two-year program through our campus in the Ministry of Spiritual Direction.

Spiritual Direction is companionship given by one Christian to another which enables that person to listen for the direction of the Holy Spirit as a person opens his/her life to God's presence; to respond to God's guidance; to grow in intimacy with God; and to live out the beauty of the relationship. The program is intended to assist those who participate in sharpening listening skills, bring clarity to areas of giftedness, and acquire the tools and practices essential to caring for souls in love.

**YEAR ONE:** focuses on the history, traditions and models, Biblical roots and theological foundations of Spiritual Direction. It highlights the differences between psychological counseling and Spiritual Direction and demonstrates a contemplative approach to God.

**YEAR TWO:** focuses on the actual practice of Spiritual Direction: developing listening and assessment skills; becoming familiar with displacement and projection, transference and counter-transference; acquiring a working knowledge of the life-stages of faith development; cultivating an increased awareness of the power of prayer and healing; and learning the importance of supervision.



### THE MINISTRY OF SPIRITUAL DIRECTION PROGRAM CREATES SPACE FOR THOSE PARTICIPATING TO:

- Gain or deepen one's understanding, sensitivity, and insight into the workings of the Holy Spirit.
- Create awareness of the need for an ever-growing connection between the inner life of the Spirit and the outer life of faithfulness to the Spirit's direction.
- Facilitate a deepening prayer life and a greater contentment with silence and solitude.
- Equip those participating to deal with strong emotions and maintain relationships over time.

### IF YOU ARE INTERESTED AND WOULD LIKE TO LEARN MORE

Visit [www.centerformation.org](http://www.centerformation.org)

- select "About Us"
- select "Spiritual Direction"

Or connect with Ashleigh Gonzalez in the Parish Office at [ashleigh@stmichaelschurch.com](mailto:ashleigh@stmichaelschurch.com) for any clarifying questions you may have.

**APPLICATIONS ARE DUE PRIOR TO SEPTEMBER 1ST 2020**

