Spiritual Direction – A Sacred Journey
August 5, 2017

“To Serve Him, We Need to Know Him”
(October Retreat Theme)
Welcome

Deacon Mike Stout & Cathie
Deacon John Martino & Terri
St. Peter Catholic Church

• Fr. Jim Shea, SJ
• Fr. John Michalowski, SJ
• Fr. Jim Bowler, SJ
• Deacon Jim Bozik
Agenda

8:30 a.m.  Social (coffee & refreshments)
9:10 a.m.  Liturgy of the Hours
9:30 a.m.  1st Session – Spiritual Direction
10:30 a.m. Break
11:00 a.m. 2nd Session – “Real Play”
12 Noon  Lunch
12:45 p.m. 3rd Session – Observations, Guest, Panel
1:30 p.m.  Closing Prayer
Morning Prayer

• Deacon Jim Bozik
• 4-Volume Set
  • Page 811 (Sat., Week IV) & 570 (17th Week OT)
  • Hymn “Praise, My Soul, the King of Heaven”
  • Closing Prayer, St. Mary Major, Page 1577
• Christian Prayer, single volume, Page___
Session I - Spiritual Direction

- Introduction of facilitators
- Spiritual Direction - who, what, when, why, where
- Handouts
- God and You (William Barry, SJ)
Fr. Jim Bowler, SJ

Fr. Jim currently serves as pastoral minister at St. Peter’s Catholic Church in Charlotte, NC, focusing on spiritual direction, supervision of spiritual directors, offering the Spiritual Exercises of St. Ignatius and his role in promulgating Fairfield University’s Spiritual Direction Formation Program, where he also serves as an instructor. He served for more than 20 years in the area of spiritual direction as director of Campion Renewal Center, executive director of the National Jesuit Retreat and Renewal Ministries and as a staff member at the Guelph Center of spirituality in Ontario, where he was responsible for training and supervising spiritual directors in the Ignatian tradition.
• Kathy Diener- Graduate of the Clearwater Program, Spiritual Director, St. Gabriel Parish, Charlotte

• Deacon Kevin Williams- Graduate of the Clearwater Program, Spiritual Director, OL of the Assumption, Charlotte

• Deacon Jim Bozik- Ignatian Prayer Team, St. Peter Parish, Charlotte

• Deacon Mark King- Graduate of the Fairfield Program, Spiritual Director, St. Gabriel Parish, Charlotte
Objectives

Who, what, when, why, where

• Explore the *process* of spiritual direction
• Discuss what spiritual direction is – and is not
• Discuss when and for whom it may be appropriate
• Discuss how direction works
• Discuss how to find a trained, experienced spiritual director
Religion and Spirituality

Religion

• A system of beliefs we choose
  • What we espouse
  • Typically includes faith, religious practices, worship, liturgy, doctrine, dogma, catechism, etc.
• What we believe and how we practice living out our faith tradition
Religion and Spirituality

Spirituality

• Before we espouse a religion, we possess a spirituality.

• Our spirituality is our “lived experience of God,” our experience of the Holy One – how we come into contact with and live out our relationship with God.

• Our spirituality is what keeps us “glued together, integrated, so that we do not fall apart and die.” [Rolheiser]

• Spirituality goes to the deepest part of us – where we connect with God.
What is Spiritual Direction?

• Spiritual direction is an *ancient Christian tradition* traced back to the time of the desert mothers and fathers

• It’s a *process* – not an event

• It involves holy listening

• It is CONFIDENTIAL

• With the help of a trained director, the seeker explores her/his relationship with God and how God is moving, or not, in her/his life
Brief History of Spiritual Direction

• OT- Moses gives guidance to the Israelites in the desert. Eli helps Samuel in how to answer when God called.

• NT- Paul writes letters of spiritual guidance to new groups of converts across the Roman Empire

• 3rd, 4th and 5th centuries- seekers leave cities looking for guidance, a 'word,' to convey wisdom to guide them in their life, from the Desert Mothers and Fathers.

• Formation of early Benedictine (c. 480-543) monastic communities follows.
• Ireland (5th c.)- early saints of the Celtic church such as Brigid of Ireland, Patrick, Columba of Iona and Cuthbert of Lindisfarne emphasized the role of the 'anam cara', or 'soul friend' in Celtic spirituality.

• Monastic communities flourish.

• In the East, the monks of St. Athos in Greece and the Starets in Russia continued this tradition.

• Famous Saints in the Orthodox and Roman Catholic tradition, e.g. St. Teresa of Avila, St. John of the Cross, St. Ignatius of Loyola, regularly saw spiritual directors and were themselves spiritual directors to others, leaving writings of letters of spiritual guidance still read today.
• Monastic focus led to direction by priests, as direction and sacramental confession grew closer together.

• Third Orders/oblates formed

• 16th c. Protestantism

• St. Ignatius (1491-1556), Exercises

• Until the mid-twentieth century, spiritual direction remained in the domain of religious communities (monasteries and convents), and in ad hoc relationships between parish priests and parishioners.

• With Vatican II, trained spiritual directors in the Catholic tradition (primarily nuns) began to make spiritual direction available to laypeople beyond the convent walls.

• Today, spiritual direction is offered by trained (and untrained) clergy, lay people, and people of very diverse spiritual backgrounds.
What is Spiritual Direction?

- The sole focus of spiritual direction is the seeker’s relationship with God, what is going on, or not going on, and where and how God is moving with and in the life of the seeker.
- There are always 3 people involved in the process –
  - the seeker,
  - the Holy Spirit
  - the director
- The Holy Spirit is the real director
- Both the seeker and the director stand on holy ground on this journey
- This relationship is based in Trust, Respect & Confidentiality
Spiritual direction is not

- Psychotherapy, pastoral counseling or any other form of counseling
- Spiritual companioning or spiritual friendship
- Coaching
- Advice giving
- A “confessional”
Who Might Benefit from Spiritual Direction?

• Deacons! (and wives!)
• Spiritual direction typically appeals to a person who
  • “has lived life and not been afraid of its joys and pains…”
  • people who “have strong desires for something more in their relationship with God.” [W. Barry, SJ]
• Direction is for those
  • who believe in God;
  • who have and value a prayer life; and
  • who are on a spiritual path
Reasons a person might seek Spiritual Direction

- Hunger for something more than the world has to offer
- An awareness of something “missing,” a search for wholeness
- A life transition – in a relationship, at work, at home, etc.
- A feeling of “spiritual dryness”
- A feeling of being spiritually “stuck”
- A desire to place a spiritual “lens” on significant life decisions – discernment
- A desire for a deeper relationship with God
How does Spiritual Direction work?

• Spiritual direction is a process
• “To be really helpful, spiritual direction takes time, at least months, sometimes longer.” [Barry, SJ]
• It involves a commitment on the part of the seeker to her/his relationship with God
• The director serves as an instrument of God’s loving presence to the seeker & engages in active, holy listening based on profound respect and reverence for the seeker in the presence of the Holy Spirit
• The seeker determines what is discussed – not the director
• There are no “homework” assignments
• Meetings take place in a confidential, safe setting, generally occur once a month and are usually 45 minutes to one hour
• Direction may be offered in either individual or group format
Issues or Questions that might come up in Spiritual Direction

- Who is God for me – and where is God in my life?
- What is, or isn’t, going on between me and God?
- What kind of relationship do I have with God – and God with me?
- Who am I as I stand before God?
- How am I living my life in relationship to God?
- How should I decide on an issue; what choices are before me?
Issues or Questions that might come up in Spiritual Direction

• What are my gifts? How am I using them?
• How might God hope that I use them?
• Why does God feel far away? Absent?
• What keeps me distant from God – and God from me?
• Why doesn’t God hear me – and why can’t I hear God?
• How, when and where do I place myself in God’s presence?
• How is my prayer life and how may I enhance it?
How do I find a qualified, trained Spiritual Director?

• Start with your own faith community
• Talk with people you know who are engaged in the process
• Use the web resources to locate directors available in your area
• Interview several to find the right fit; ask questions!
• Pray before making your final selection; invite God into this sacred process
The Office of Ignatian Spirituality does not endorse or recommend particular spiritual directors, but rather fosters connections between and among those who are seeking to grow closer to God through Ignatian spiritual direction.

For Those Seeking an Ignatian Spiritual Director

Thank you for your interest in Ignatian spiritual direction!

The primary job of a spiritual director is to accompany you on your spiritual journey. Trained directors are excellent listeners, who help you reflect on your spiritual life.

Sometimes, the biggest challenge in getting started is finding a trained director in your area.

We have created the OIS Catalog of Spiritual Directors to help you find a trained Ignatian director near you. If you are looking for a spiritual director, let us know by clicking the button below and filling out the brief form. Once you have submitted the form, we will search the Catalog for directors in your area. If there are any directors available, we will send you their contact information. Please allow about two weeks for us to respond.

Please note that we cannot guarantee that an Ignatian spiritual director is available in your area. Also, our Catalog contains information about directors on the East Coast of the United States only. Areas with available directors are listed below. Please check this list to be sure your area is listed. At this time, we are not able to offer this as a resource to people in other regions.

To find an Ignatian spiritual director, click the button below:

Find a Director

Current Locations:

- Atlanta, GA
- Baltimore, MD
- Boston, MA
- Buffalo, NY
- Charlotte/Mooresville, NC
- Connecticut
- Delaware
- Long Island NY
- Northern NJ
- New York, NY
- Philadelphia, PA (and Southern NJ)
- Rhode Island
- Rochester, NY
- Scranton, PA
- Syracuse, NY
- Washington, DC
- Wernersville, PA
- Worcester, MA

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What is Ignatian Spiritual Direction?

While spiritual direction is found in most religious traditions, Ignatian spiritual direction is distinctly rooted in Ignatian spirituality and the Spiritual Exercises of Ignatius of Loyola. Simply stated, Ignatian spirituality presumes that God is present in all things; Ignatian rules of discernment are the primary method for paying attention to and reflecting on one’s inner movements and how they lead one away from or closer to God.

Finding a Spiritual Director

We have compiled the OIS Catalog of Spiritual Directors to help you find a trained spiritual director near you. Here’s how it works:

1. **Visit our website** for spiritual direction.

   ![Website link](www.JesuitsEastOIS.org/spiritualdirection)

2. **Click on Find a Director** and fill out our short form.
   
   Before completing the form, please review the list of locations at the bottom of the page to verify that your region is listed. Unfortunately, we are able to connect you only with spiritual directors in those regions listed at this time.

3. **OIS will search the Catalog** for available directors.

   OIS will contact directors in your area to find out if they are available. Please allow us approximately two weeks.

4. **OIS will notify you** with the names and contact info of available directors.

5. **Contact your spiritual director** to set up your first meeting.

www.JesuitsEastOIS.org/spiritualdirection | ueaoids@jesuits.org

The Catalog of Spiritual Directors is a service offered by the Office of Ignatian Spirituality of the Maryland and USA Northeast Provinces of the Society of Jesus.

8600 LaSalle Rd., Ste. 620, Towson, MD 21286 | 443-921-1336 | ueaoids@jesuits.org | www.JesuitsEastOIS.org
SDI does not verify a director’s training or experience
Western Carolina Region

SDI does not verify a director’s training or experience
What if I can’t find a Trained Director in my area?

• Many committed directees travel an hour or more each month. Might Spiritual Direction be an investment in one’s eternal salvation?

• That thing in your hand, your mobile phone, opens up a world of possibilities!

• Many directors provide options for “remote” spiritual direction by phone/videoconference (Skype/FaceTime, other platforms)
What should I look for in my search for a Spiritual Director?

Ask about the following in your search for a trained, experienced director:

• Where did you receive your training? How long was the program?
  – Solid programs require candidates to be in direction at least one year prior to admission
  – Training should be a minimum of two years or more in an established formation program
  – Faculty should be trained, experienced spiritual directors

• Do you have a supervisor? Is this person trained as a supervisor? How often do you meet?
  – Trained, experienced, competent spiritual directors have a trained supervisor with whom they meet on a monthly basis
What should I look for in my search for a Spiritual Director?

• Are you in spiritual direction yourself? How long have you been in direction?
  • Competent directors, from an ethical perspective, should be in direction themselves [and have a history of such] on a regular basis
• Are you an active member of a faith community? How long have you been there?
• Do you make an annual, directed, silent retreat of at least five days?
Additional Resources for Director Interviews

• [http://www.sdiworld.org/find-a-spiritual-director/questions-to-ask-a-prospective-spiritual-director](http://www.sdiworld.org/find-a-spiritual-director/questions-to-ask-a-prospective-spiritual-director)
Is there a fee?

- Directors in private ministry practice generally establish a fee structure.
- Directors affiliated with and/or paid by a church or faith community usually operate under the auspices of that organization – often donations or a fee structure is in place to support the ministry of the church or faith community.
- Fees are established for several reasons:
  - To provide a means of support for the director/ministry.
  - To reflect the training of the director.
  - For the seeker to evidence her/his commitment to the process.
- Directors in formation, for ethical reasons, do not ask for a fee and serve under supervision, meeting with their supervisor monthly.
Coffee Time!

Please be back ready to start at 11:00
Session II - Real Play

- Director
- Directee
- Observers, Wider Group
Lunch

• Grace
• We’ll get started again at 12:45pm
Session III

- Comments, questions, feedback from this morning
- Guest
- Spiritual Director Panel
  - K. Diener, K. Williams, M. King, J. Bowler
Closing Remarks & Prayer

- Mike & Cathie Stout
- John & Terri Martino
Charlotte Diocese
Annual Retreat
for
Deacons & Wives

October 13-15, 2017

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Resources

- St. Gabriel (Charlotte) Spiritual Direction site- http://stgabrielchurch.org/103
- St. Matthew (Charlotte) - direction site under construction, see attached list
- Holy Ground of the Carolinas www.holygroundsc.org/

Special thanks to Eileen Crusan who graciously shared a number of informational slides with the team.

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References

• Jesuit Office of Ignatian Spirituality
  http://www.jesuitseastois.org/spiritualdirection

• SDI Website www.sdiworld.org/
  • SDI Social Media Facebook, LinkedIn, Twitter, YouTube

• Book recommendation- Barry’s God and You

• Videos
  • https://youtu.be/mgVTJ860gwo Barry
  • https://www.youtube.com/watch?v=UVpxL9W1mIM Rolheiser
  • https://www.youtube.com/watch?v=KII2C3uxD4s Rohr

• The Servant (past two issues)
Are you interested in a Spiritual Direction Formation Program?

- Clearwater Program [http://divineprovidence.org/school-of-spiritual-direction](http://divineprovidence.org/school-of-spiritual-direction)