Within each of us
lies the desire
to find meaning
beyond the moment...
to grow closer to God
and to one another...
and to discover our true selves...

The Institute for Catholic
Spirituality and Spiritual Direction
can help you satisfy that longing.
### The first year…
**The Spiritual Journey**

Year One focuses on the many ways God is present and active in the lives of the participants and in all creation.

Participants will meet:
- 10 - Sunday Classes (last Sunday of the month)
  - 8:00 am – 1:30 pm
- 10 - small group sessions
- 1 - weekend retreat
- 1 – day retreat

**Starts October 2020**

Included in this year’s work will be reading assignments, lectures on spirituality, small group process, experience in various prayer forms and two retreats.

Participants will be required to be in spiritual direction and to write reflection papers on their experiences of the past month’s spiritual journey and their assigned reading materials.

**Year 1 Cost: $1,500.00**
(Cost does not include books or personal spiritual direction)

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### The second year…
**The Call to Spiritual Direction**

Year Two focuses on training participants in the art of Spiritual Direction.

Participants will meet:
- 10 - Sunday Classes
  - 8:00 am – 1:30 pm
- 10 - small group sessions
- 1 - weekend retreat
- 1 – day retreat

Included in this year’s work will be reading assignments, lectures on the ministry of spiritual direction, small group process, further experience in various ways of praying and two retreats.

Participants will be required to be in spiritual direction monthly, write monthly reflection papers on their experience of the spiritual journey, and have assigned reading material.

**Year 2 Cost: $1,500.00**
(Cost does not include books or personal spiritual direction)

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### The third year…
**The art of Spiritual Direction**

Year Three will consist of 5 Sessions; Students will also participate, under supervision, in a practicum working with two directees. They will meet 10 one on one supervision sessions; 10 group supervision sessions and 1 retreat to complete the Spiritual Directors practicum.

**Year 3 Cost: $1,500.00**
(Cost does not include personal spiritual direction)

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**For Information Contact:**
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