



## DIRECTED RETREAT FORMATION Fall 2024-Spring 2025

**Program Description:** The DRF is a seminar for trained spiritual directors, offering a deeper exploration of the Spiritual Exercises of St. Ignatius, with a special focus on preparation for guiding individually directed retreats, either of the full exercises (19th or 20th annotation) or a modified version (18th annotation), such as 3, 5 or 8-day directed retreats for individuals or groups. During or after the 8-month seminar, participants will be invited to guide individually directed retreats, with the support of a supervisor.

**Program Requirements:** this is a non-credit seminar, so there are no papers, tests or grades, but there will be substantial reading, reflection and discussion, both live (during the monthly online sessions) and by way of online postings and small group meetings. A Certificate of Completion will be awarded at the end of the program.

### **Applicant Requirements:**

- Completed Certificate of Spiritual Direction or the approved equivalent
- Completion of at least two individually directed retreats of 5 or 8 days
- Completion of the full Spiritual Exercises according to the 19th Annotation (in daily life, over 8-9 months) or 20th (30 day silent retreat); or completion of several 5 or 8-day directed retreats.
- Completion of DRF Application Form
- Cost: \$1000 (if you are experienced in giving the 19th annotation retreat and are guiding another accepted applicant through the 19A at no cost, the fee will be reduced by \$500)

**Seminar Outline:** 8 monthly classes on Google Meet (4/fall; 4/spring), Saturday, 9-11 CT (10-12 ET); 8 monthly small group meetings (either online or in-person, for one

hour); and weekly online posts.

Tentative Schedule for class meetings (2024-2025): September 7, October 5, November 2, December 7, January 4, February 1, March 1, April 5 (*all classes will be video recorded, in case anyone is unable to attend on any given date*) Schedule for small group meetings: in the 2nd week after class meetings, at a time and date determined by each group.

### **Required Books:**

*In addition to these books, a number of handouts will be posted online*

- *The Spiritual Exercises of St. Ignatius*, Louis Puhl, SJ edition ISBN: 978-1578989324 [\$6.51 on Abe Books]
- David Fleming, SJ, *Like the Lightning: The Dynamics of the Ignatian Exercises* ISBN: 978-1-880810-58-3 [\$19.95\*]
- Michael Ivens, SJ, *Understanding The Spiritual Exercises* ISBN: 978-0852444849 [\$30 on Amazon]
- Joseph Tetlow, SJ, *Choosing Christ in the World: A Handbook for Directing the Spiritual Exercises of St Ignatius Loyola According to Annotations Eighteen and Nineteen* ISBN: 9781880810361 [\$38.50\*]

*Books may be ordered online, either used or new; books with asterisk (\*) may be bought for the price indicated at Boston College's Institute for Advanced Jesuit Studies: <https://jesuitsources.bc.edu/spirituality/>*

**Required Technology:** You will need stable internet access and a computer with microphone and camera for the online Google Meet classes and small group reflections.