

*Spiritual direction is listening with an attentive, open and receptive heart to the sacred story of another.*

*—Thomas Hart*

**Linwood Spiritual Center**  
is a ministry of the  
**Sisters of Saint Ursula,**  
**U.S. Region**



The center provides a beautiful and peaceful setting for planning, teaching, training, reflection or prayer.

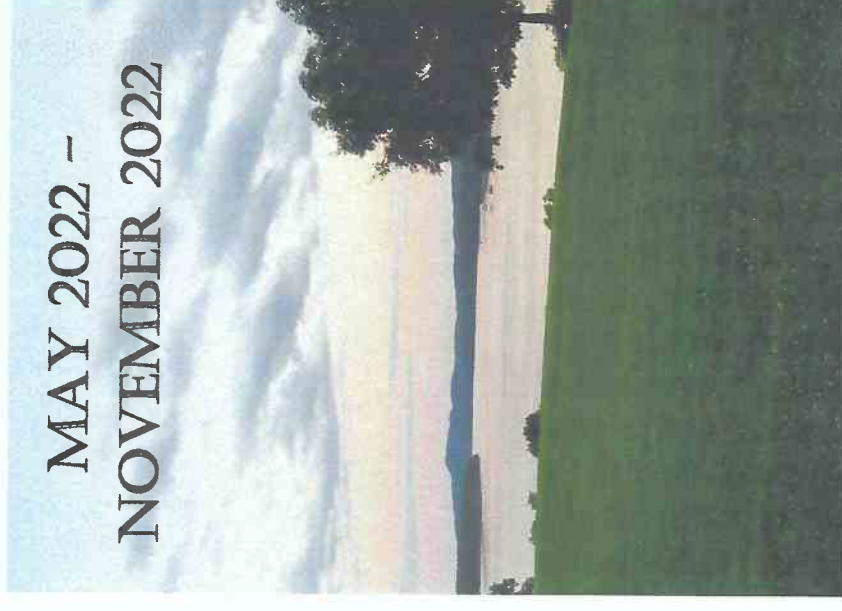


*In spiritual direction one witnesses and helps another to develop their relationship with God.—William Barry, SJ*

**Linwood Spiritual Center**  
[www.linwoodspiritualctr.org](http://www.linwoodspiritualctr.org)  
**845-876-4178**

## **Spiritual Directors' Training Program**

**MAY 2022 –  
NOVEMBER 2022**



**SPONSORED BY  
LINWOOD  
SPIRITUAL CENTER**

### The Training Program

The Spiritual Directors' Training Program, sponsored by Linwood is intended for those who sense a desire and call to the ministry of companioning others on their spiritual journeys.

Deeply rooted in the historical and theological traditions of Christian spirituality, the program will develop the skills of spiritual direction in those who have been actively engaged in their own spiritual development, are grounded in faith through personal spiritual practices and prayer, have some theological background or training, and have been attentive to their own spiritual growth through group or individual spiritual direction for at least 2 years.

Weaving together various perspectives (Jungian psychology, Ignatian and other contemplative practice), the program will introduce participants to the many practices of attentiveness (lectio divina, silence, attunement to nature, contemplation etc.) and guide them to identify their own growing edges and strengths as they engage in the spiritual direction practicum.

### Specifics

Four 1-week intensive programs beginning in May 2022 and ending in November 2022. Each week will begin on Sunday evening and end on Friday by noon time.

Two weeks will be held in person at Linwood Spiritual Center; two weeks will be facilitated using ZOOM technology.

#### Dates of 4 Intensives

- ◇ May 14—19, 2022 at Linwood\*
- ◇ July 10—15, 2022 on ZOOM
- ◇ Oct 16—21, 2022 on ZOOM
- ◇ Nov 13—18, 2022 at Linwood

\*begins on Saturday evening

Each Intensive Week will present a balance of theory and practice through readings, presentations, prayer experiences, peer groups (dyads and triads), mentoring and supervised direction.

#### Some Topics

- Theological Foundations of Spiritual Direction
- The Nature of Religious Experience
- Individuation and the Shadow
- Discernment of Spirits
- The Unfolding Story of the Universe
- Developing the Skills of Deep Listening and Authentic Communication
- Women's and Men's Issues in Direction

### Coordinators

Don Bisson, FMS, D.Min.

Janet E. Corso, MA

Kathleen A. Donnelly, SU, MA

### Fees

The cost for the program is \$2,800, and covers tuition, meals, lodging for the two weeks at Linwood. Not included: the cost of recommended books. Payment plans are available, as are limited scholarships.

### Application Process

To receive an application form,

Call Sister Kathy Donnelly, SU at Linwood at 845-876-4178 ext. 305

Two letters of recommendations are required as well as an interview with the staff.

Application deadline: April 1, 2022.

A non-refundable fee of \$50 (to be applied to tuition) must accompany the application.