

If you feel drawn to discern a call to the ministry of spiritual direction, please contact one of the following persons or fill in the form on the reverse side and mail it in.

For information on *Retreat in Daily Life*, *Introduction to Spiritual Direction*, and *Spiritual Classics*, contact:

**Sister Rachel Dietz, OSB**  
(479) 783-4147  
Email: rachel@stscho.org

**Kathy Schmelzer**  
(479) 783-1135  
Email: retreats@stscho.org

For assistance in selecting a spiritual director, contact either Sister Rachel or Kathy. Spiritual Directors are available at St. Scholastica Retreat Center.



St. Scholastica Retreat Center  
P.O. Box 3489  
Fort Smith, AR 72913  
RETURN SERVICE REQUESTED

## St. Scholastica Retreat Center



## ***DISCERNING A CALL TO SPIRITUAL DIRECTOR FORMATION***



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www.stscho.org

## ***SPIRITUAL DIRECTOR FORMATION***

Sponsored by the Benedictine Sisters, St. Scholastica Retreat Center

### **A 5 stage discerning and training process for those considering the Ministry of Spiritual Direction**

**Spiritual Direction** is the act of walking with people as they make their journey with God, getting in touch with who they are as persons, made in the image and likeness of God, to be manifested in the love and respect they give to themselves and others.

Prerequisite. **Retreat in Daily Life.** A seven-month experience of the *Spiritual Exercises of Saint Ignatius*. The retreat involves weekly meetings and one hour of prayer each day according to the method of the Exercises. Retreat in Daily Life is offered every year.

**Introduction to Spiritual Direction.** Presents the theory and skills necessary for spiritual direction. Focuses on the integration of personal spirituality with lived experience, cognizant of the centrality of the contemplative stance in direction.

**Spiritual Classics.** A variety of readings are studied which provide an understanding of the spiritual journey spanning more than 1600 years. Discussion is done in light of the elements of spiritual direction ministry.

**Practicum, Part 1** . A learning and discerning process involving immersion in study and practice of spiritual direction ministry. Instruction, reading and supervision form the basis of this year, while one directs an individual in the Spiritual Exercises. Ingoing reflection occurs through journaling, peer presentations and a discernment retreat.

**Practicum, Part 2** . Six classes at various times throughout the year, with actual supervised direction of one or more persons.

**Certificate of Completion.** Occurs upon completion of all stages of formation and a final interview with Sister Rachel Dietz, OSB.

All classes begin in October and continue through May. Please register during the summer. No registrations will be accepted after September 1.

The Introduction, Spiritual Classics, and Practicum I and II are not offered every year. They are held as students have completed courses and are ready for the next level.

Cut here:

#### **Registration Form**

**I would like to register for: **Retreat in Daily Life****

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (Day) \_\_\_\_\_ (Evening) \_\_\_\_\_

Email \_\_\_\_\_

Fax \_\_\_\_\_

**Return form to: Sister Rachel Dietz, OSB, St. Scholastica Retreat Center  
P.O. Box 3489, Fort Smith, AR 72903**