

## Testimonies

*The entire course content was very helpful, enriching and empowering...*

*This is a comprehensive holistic program for in-depth spiritual growth.*

*It empowers anyone who desires to live in a loving relationship with God through the Spiritual Exercises.*

*—S.J.G.*

*This was an excellent way for me to find out more about spiritual direction and discern whether to pursue it. —C.M.*



**Ignatius Jesuit Centre** is a place of peace that values all of creation, compassion, unity in diversity, ecological sustainability, interfaith connections, social justice, and the spiritual journey.

We are dedicated to providing programs that:

- Foster an ecological way of life, for the healing of the world
- Nurture a deeper spirituality in people, leading to inner freedom
- Promote the production of local sustainable food
- Provide a welcoming space for individual and communal discernment, and education

**Loyola House** – *Retreats & Ignatian Training* - central to the Ignatius Jesuit Centre, is located on the Centre's 640 acres just one km north of Guelph. Explore this beautiful land with its walking trails, forest and woods, and wetlands—all an integral part in our retreats and programs.



**Ignatius Jesuit Centre**  
*A Place of Peace*

### Loyola House

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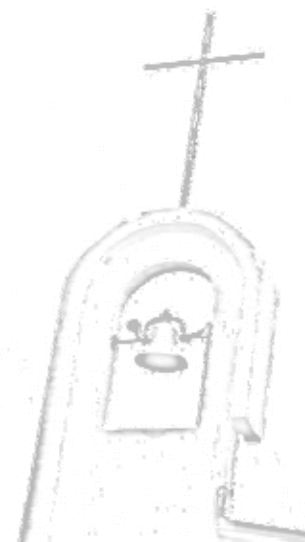
## Exploring the Heart of Ignatian Spiritual Direction

*An Intensive Training Program  
in Spiritual Direction*

**November 13-December 6 2019**

**OR**

**November 12-December 8 2020**



### Loyola House

Ignatius Jesuit Centre

www.loyolahouse.com



## Exploring the Heart of Ignatian Spiritual Direction

Loyola House offers a series of training programs for those exploring, moving into, or already involved with, the ministry of spiritual direction.

**Exploring the Heart of Ignatian Spiritual Direction** is an intensive series of seminars that take up study of the Spiritual Exercises and the art of Holy Listening. Participants will learn or deepen their understanding of

- the movements of the *Spiritual Exercises*
- the Rules for Discernment and their applications in daily life
- the value of the *Daily Examen* and various ways to approach this foundational prayer
- the life and wisdom of Ignatius of Loyola
- the historical development of Christian Spiritual Direction and its contemporary expression
- what we listen for and how we listen as spiritual directors
- specific listening skills
- the effect of one's images of God on one's spiritual journey
- models for conducting spiritual direction sessions

Participants will also gain skills and confidence by practicing the art of listening with one another, with feedback from our trainers.

This is achieved through high quality presentations, case studies, small group work, reading/study, reflection and prayer. All of the training programs at Loyola House are rooted in the experience of participants. Likewise, all the presentations are grounded in the experience and wisdom of the Loyola House team.

*I highly recommend this as a program that fosters phenomenal spiritual growth and hones spiritual direction skills, and teaches these skills if one is new to the process. –S.D.*

### Who Should Apply

**Exploring the Heart...** is designed for a range of individuals, from those who are already engaged in spiritual direction to those who are beginning to explore the possibilities.

#### Consider applying if you:

- provide spiritual direction or guidance and want to deepen and hone your skills, learning from our trainers as well as from reflection on your own experiences
- wish to begin the ministry of spiritual direction or explore the possibility
- want a deeper knowledge of the Spiritual Exercises and Ignatian spirituality
- wish to develop skills for listening to others share their sacred story and deepen their relationship with God

In all our training programs we welcome women, men, lay, religious and clergy from various denominations.

### Pre-requisite

**Exploring the Heart...** is open to persons who have made the full Spiritual Exercises of St. Ignatius under personal direction, either in the 30-day format or in daily life. It can also be combined with making the full Spiritual Exercises in our 40-day format beginning in early October.

**Cost: \$3,120 CAD**

### How to apply

- Obtain an application package from the Registrar, contact info is on the reverse
- Complete and return the entire application and a non-refundable application fee of \$100 CDN by **September 20**. (If you reside outside North America, apply early to allow time for Visa process.) **Apply early as space is limited.**
- Payment can be made by cash, cheque in Canadian dollars to **Ignatius Jesuit Centre**, VISA/Mastercard or online.

