

## PROGRAM STRUCTURE

The **Spiritual Direction Training Program at Mount Saint Joseph** began in 2004. Close to 50 men and women from across the U.S. have completed the two-year program. Participants come together eight times for a weekly session beginning at noon



*The Mount Saint Joseph Conference and Retreat Center is located 12 miles west of Owensboro, Kentucky.*

Monday and ending at 1 p.m. Friday.

This program prepares participants for the ministry of spiritual direction from a Catholic perspective and in the spirit of Saint Angela Merici. During each of the eight weeks, participants will enter into study, reflection, and prayer around a topic fundamental to the understanding and practice of spiritual direction. There will be daily opportunities for Eucharist, prayer and reflection in an atmosphere of contemplation.

### Spiritual Direction Sessions

- Week One: **Spirituality** ..... **October 16-20, 2017**
- Week Two: **Spiritual Direction** ..... **January 8-12, 2018**
- Week Three: **The Inner Journey** ..... **April 9-13, 2018**
- Week Four: **Prayer and Scripture** ..... **July 30-August 3, 2018**
- Week Five: **Theology** ..... **October 15-19, 2018**
- Week Six: **Ethics of Spiritual Direction** ..... **January 7-11, 2019**
- Week Seven: **Supervision** ..... **April 8-12, 2019**
- Week Eight: **Case Studies and Retreat** ..... **July 29-August 2, 2019**

The program will conclude with a retreat.

Presence at all sessions is required to receive a certificate.

**For more information, contact Sister Mary Matthias Ward 270-229-0200**  
**mary.ward@maplemount.org**

You can find out more on our website: [www.ursulinesmsj.org](http://www.ursulinesmsj.org)

Look under Conference & Retreat Center and click on Spiritual Direction Program.

## COORDINATING TEAM



**Sister Ann McGrew, OSU**, is director of the Spiritual Direction Training Program at Mount Saint Joseph Conference and Retreat Center. She holds a master's degree in religious studies from Loyola University in Chicago and a certificate in religious formation from Saint Louis University in St. Louis, Mo. She has certifications in spiritual direction from the Hesychia School of Spiritual Direction at the Redemptorist Retreat Center in Tucson, Ariz., and the Institute of Religious Formation at Saint Louis University. She is a spiritual director and a retreat director. Sister Ann gives days of prayer for adults and youths. She has worked in the Spiritual Direction Training Program at Mount Saint Joseph since its inception in 2004.



**Sister Elaine Burke, OSU**, holds a master's degree in religious education from The Catholic University of America in Washington, D.C. Her former ministries include coordinating the spiritual component of ministry formation at Brescia University in Owensboro, Ky., and directing religious education for the Diocese of Owensboro. She was assistant director of Mount Saint Joseph Conference and Retreat Center for 16 years. She holds certification in spiritual direction from Our Lady of Guadalupe Abbey in Pecos, N.M.



**Monica Armstrong, MS**, is a student of Ignatian spirituality for more than 25 years. Monica attended the Jesuit University of San Francisco, worked at Manresa Jesuit Retreat Center in Los Angeles, and has received training in the method of offering Ignatian retreats. Monica founded Mission of the Spirit in Knoxville, Tenn., in 2011 to bring Ignatian spirituality to the region through retreats, spiritual direction and workshops on prayer. She is a 2012 raduate of the Spiritual Direction Training Program at the Mount Saint Joseph Conference and Retreat Center.



**Victor Fromm** is a permanent deacon in the Diocese of Owensboro, Ky., and a 2015 graduate of the Spiritual Direction Training Program at Mount Saint Joseph. He lives in Murray, Ky., with his wife Lynn and serves as deacon and facilities manager for St. Leo Catholic Church. Victor said he feels privileged to be called to service as a spiritual director. "I realize that God has been leading me to where I am today and that all my varied experiences throughout my life will assist me in the next phase – spiritual direction."



*Sister Cheryl Clemons, OSU, leads a spiritual direction session*



*Praying in the Saint Angela Oratory*



*Graduates of the Spiritual Direction Training Program in 2015*

## REGISTRATION

### Spiritual Direction Training Program 2017-2019

Application Fee: \$ 25 (Nonrefundable)  
Tuition (Year One): \$995 Four Sessions  
Tuition (Year Two): \$995 Four Sessions  
Room and Board: \$385 per Session

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Email \_\_\_\_\_

Phone \_\_\_\_\_

#### Method of Payment

Check  Visa  MasterCard

Amount Enclosed \$ \_\_\_\_\_

Credit Card # \_\_\_\_\_

Expiration Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature \_\_\_\_\_

*Limited scholarships are available.  
Contact our office for more information.*

Please return this form with your nonrefundable application fee by **Aug. 31, 2017** to:  
Spiritual Direction Training Program  
Mount Saint Joseph Conference and Retreat Center, 8001 Cummings Road,  
Maple Mount, KY 42356-9999

**For more information,  
call Sister Mary Matthias Ward  
(270) 229-0200  
mary.ward@maplemount.org**

# SPIRITUAL DIRECTION TRAINING PROGRAM

## 2017-2019



**The mission of this program is to prepare people for the ministry of spiritual direction, in the spirit of Saint Angela Merici.**

**MOUNT SAINT JOSEPH  
CONFERENCE AND RETREAT CENTER**  
MAPLE MOUNT, KENTUCKY  
[www.ursulinesmsj.org](http://www.ursulinesmsj.org)

## What is Spiritual Direction?

**Spiritual direction** is the art of listening and companioning someone while creating an atmosphere of openness, honesty and prayer. The director helps the directee to discern the movement of the Spirit in his or her life.



**Spiritual direction** has been a part of the Christian tradition for centuries. People today continue to search for competent directors who will walk with them on their faith journey.

**The Spiritual Direction Training Program** at Mount Saint Joseph is an opportunity to develop and practice skills necessary to learn the art

of spiritual direction. The rural setting of Mount Saint Joseph Conference and Retreat Center offers the quiet and serene atmosphere for prayer and discernment needed for this type of program.

**The Spiritual Direction Training Program** is open to those who are called to the practice of spiritual direction. The program is designed for those who feel the call to this ministry. Under competent supervisors, beginning directors will have opportunities to learn and refine their skills.



*“The first part of the session helped me so much spiritually. There are no words to express it. Being with the Ursuline Sisters made the training special. The sisters are such a wonderful group of ladies, and the Mount is such a holy place.”*

*- Martha Little of Owensboro, Ky., received certification 2006-08*



PLEASE NOTE: Mount Saint Joseph Conference and Retreat Center is a nonsmoking facility. Thank you for your consideration and cooperation.