

# SPIRITUAL DIRECTION COURSE, April 2020

(For Spiritual Directors, Formators, Retreat Preachers and Pastors)

Every Diocese, Congregation, Seminary, Formation House, Spiritual Centre and Parish needs people who can accompany its members spiritually. Today Spiritual Direction (Accompaniment) is a specialized field looking at Spirituality in a broader and deeper level. It calls for a greater sensitivity on the part of the Spiritual Director to the Spirit moving the Directee from within. Spiritual Accompaniment goes much beyond advice giving with 'dos' and 'don'ts'.

This course will be very useful to Formators, Retreat Preachers and Parish Priests too as their ministry involves spiritual direction.

Quite often the issues brought in the spiritual direction are psychological with an underlining Spirituality in the psychological process that each one goes through. The process of spiritual accompaniment becomes a psycho-spiritual process. Therefore the Director will need some basic understanding of the psychological and spiritual processes and their interlinking. Today more and more Women Religious Congregations are preparing their own personnel for Spiritual Direction and Retreat Direction. This Course is planned to meet these needs too.

The participants will learn by becoming aware of their own inner process. The course is practical with sufficient, appropriate and relevant inputs by seven persons with expertise in their topics and with sound spiritual and psychological backgrounds and with a lot of experience in guiding individuals in their spiritual journey. The participants will pick up basic and advanced spiritual and counselling skills by plenty of practices till the skills become their second nature. The course moves from psychological to psycho-spiritual and to the spiritual aspects of life.

You are welcome to participate, benefit and become more fruitful. Please inform and encourage Priests, Brothers and Sisters whom you think may find the course useful in equipping themselves better in their spiritual ministry.

**The dates:** 14<sup>th</sup> April to 23<sup>rd</sup> May 2020 (Arrival on 13<sup>th</sup>): **40 full days.**

**Venue:** Satyodayam, Jesuit Retreat Centre, Tarnaka, Secunderabad 17.

**Facilities:** Single rooms with bathroom attached, The huge Osmania University Campus is nearby (1km distance) for walks. AC Hall for classes.

**The Age Limit** of the participants: 30 – 65

**Maximum Number of Seats:** 25

**Admission Policy:** First come first served. Please apply by email by filling up the application form in the attachment and sending it in attachment. You are welcome to contact the coordinator through mobile or **preferably through email**. Admission will be confirmed on paying the non-refundable registration fee of Rs.1000/-

**Total Fees** (Registration + boarding + lodging + course fees): Indian Rs. 25, 000/-

**Contact:** Personal Email IDs of the Programme Director: [mkrajsjap@gmail.com](mailto:mkrajsjap@gmail.com)

Personal Mobile and Whatsup Number: **9133255690**,

Fr. M. Kulandai Raj, SJ

Programme Director.

Satyodayam, 12-5-33. Vijaypuri Colony,

(Near Tarnaka Centre)

Secunderabad 500017, TS

**Our website:** <http://andhrajesuitprovince.org/new/>

## The Modules of the Course

| NO of days | DATES           | DAY        | MODULE  | Duration      |
|------------|-----------------|------------|---|---------------|
|            | <b>APRIL 13</b> | Mon        | ARRIVAL                                       |               |
| 1          | 14              | Tue        | ORIENTATION                                   | 1 Day         |
| 2          | 15              | WED        | Psycho-Spiritual AWARENESS                    | 3             |
| 3          | 16              | THUR       | "   |               |
| 4          | 17              | FRI        | "   |               |
| 5          | 18              | SAT        | Lateral & 3A thinking                         | 1             |
| 6          | 19              | <b>SUN</b> | <b>BREAK</b>                                  |               |
| 7          | 20              | MON        | Psychosexual Integration                      | 3             |
| 8          | 21              | TUE        | "   |               |
| 9          | 22              | WED        | "   |               |
| 10         | 23              | THUR       | Enneagram & Spirituality                      | 3             |
| 11         | 24              | FRI        | "   |               |
| 12         | 25              | SAT        | "   |               |
| 13         | 26              | <b>SUN</b> | <b>BREAK(Outing)</b>                          |               |
| 14         | 27              | MON        | <b>BREAK</b>                                  |               |
| 15         | 28              | TUE        | Intensive Journal Workshop                    | 5             |
| 16         | 29              | WED        | "   |               |
| 17         | 30              | THUR       | "   |               |
| 18         | <b>MAY 1</b>    | FRI        | "   |               |
| 19         | 2               | SAT        | "   |               |
| 20         | 3               | <b>SUN</b> | <b>BREAK</b>                                  |               |
| 21         | 4               | MON        | Counselling Skills Practice                   | 6+3           |
| 22         | 5               | TUE        | "   |               |
| 23         | 6               | WED        | "   |               |
| 24         | 7               | THUR       | "   |               |
| 25         | 8               | FRI        | "   |               |
| 26         | 9               | SAT        | "   |               |
| 27         | 10              | <b>SUN</b> | <b>BREAK</b>                                  |               |
| 28         | 11              | MON        | "   |               |
| 29         | 12              | TUE        | "   |               |
| 30         | 13              | WED        | "   |               |
| 31         | 14              | THUR       | Discernment of Spirits                        | 3             |
| 32         | 15              | FRI        | "   |               |
| 33         | 16              | SAT        | "   |               |
| 34         | 17              | <b>SUN</b> | <b>BREAK</b>                                  |               |
| 35         | 18              | MON        | Spiritual Direction Skills Practice           | <b>5</b>      |
| 36         | 19              | TUE        | "   |               |
| 37         | 20              | WED        | "   |               |
| 38         | 21              | THUR       | "   |               |
| 39         | 22              | FRI        | "   |               |
| 40         | 23              | SAT        | <b>Evaluation - LEAVING after 2pm onwards</b> | $\frac{1}{2}$ |