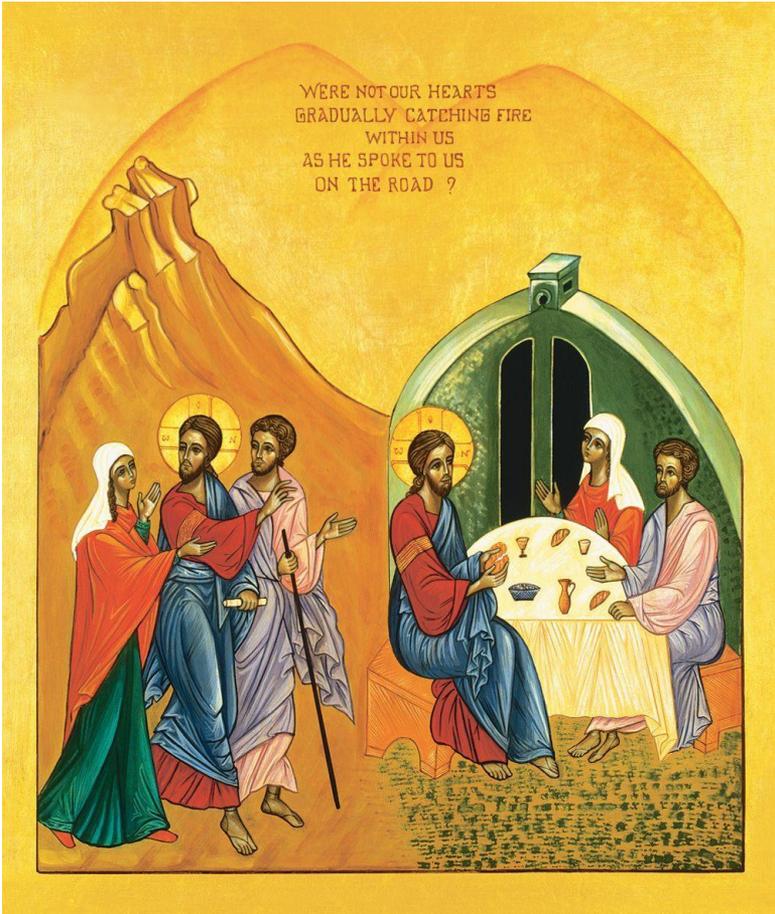
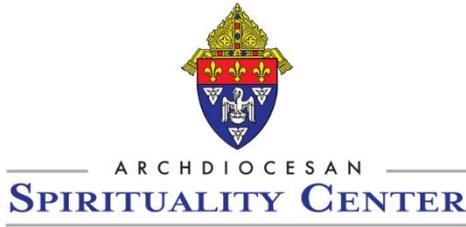


# INTERNSHIP IN SPIRITUAL DIRECTION



*Archdiocesan Spirituality Center*



## **AN INTERNSHIP IN SPIRITUAL DIRECTION**

### **PURPOSE:**

Among the variety of conversational ministries through which faith is shared and strengthened is the ministry of spiritual direction. Spiritual direction is distinguished from preaching, catechesis, pastoral counseling, and spiritual friendship because this faith conversation has as its purpose discernment.

A directee engages a director in order to deepen their awareness of God's presence in their life. It is this desire for intimacy with the Lord that creates the situation of spiritual direction. Together the directee and director discern the presence and movement of God in the life of the directee.

Although the honing of skills is a part of the formation of a spiritual director, the essential formation comes from God's gift and the spiritual hunger of the intern. When God has gifted a person with faith and discernment, a training program can help that person recognize, strengthen and purify their gift of discernment. This training is done with a wisdom community of faith and discernment.

### **DEVELOPMENT OF THIS PURPOSE:**

1. The Archdiocesan Spirituality Center Internship in Spiritual Direction incorporates a broad reflection on the ministry of spiritual direction within the context of today's church.

2. The Internship follows the methodology of discernment found in the Spiritual Exercises of St. Ignatius of Loyola. This methodology is used for the directing of retreats as well as ongoing spiritual direction.
3. Within the fourth quarter of the Internship a process of individual and group discernment assists the participants to discern if they are called to the ministry of spiritual direction or to another form of conversational ministry (e.g., catechesis, spiritual conversation...). This discernment, also, considers the areas of spiritual direction to which each feels called.

### **PREREQUISITES:**

1. A Life of Prayer

Faith expressed in a life of personal prayer is the foundation for doing spiritual direction. Facility in an interpersonal expression of scriptural prayer is necessary in guiding the deepening prayer of others.

2. A member in good standing with one's Church.

3. The Gift of Discernment

Spiritual Direction is a process of discernment: distinguishing God's voice both within and around us from the many other voices that call to us.

This spiritual discernment is built upon a number of natural abilities:

- Focus: the ability to stay with the core experience and movement of God...
- Objectivity: empathy without enmeshment...
- Recognition of connections, correlations and dissonance...
- Sensitivity to interior movements along with the ability to articulate interiority...
- Prudence: good judgment

Discernment like all gifts comes in degrees. Some facility in the abilities above is necessary for the ministry of spiritual direction and for the internship.

#### 4. Personal Experience of Ongoing Spiritual Direction

The intern's personal experience of spiritual direction establishes the context of the entire formation program. **Applicant must be in spiritual direction for two years prior to entering the internship.**

#### 5. Directed Retreat Based on the Spiritual Exercises of St. Ignatius

These solitude retreats are given in a variety of lengths, from 3 days, 5 days, and 8 days. The Internship requires at least one Directed Retreat of 8 or 5 days (an 8 day is preferred).

#### 6. Making the Spiritual Exercises of St. Ignatius

The Internship works out of the participants' experience of the Spiritual Exercises of St. Ignatius. The one who directs the intern needs to be knowledgeable of the Spiritual Exercises and experienced in directing them. They need to guide the intern through the whole of the Exercises.

There are two formats for the making of the Spiritual Exercises:

- “30-Day Retreat”: Exercises are made in solitude over a period of thirty days.
- “19<sup>th</sup> Annotation”: Exercises are made in the flow of the retreatants' daily life over a period of about seven (7) months. **This must be one on one with one's spiritual director, not in a group. The retreatant meets with their director weekly.**

## 7. Adequate Theological Background

Every spiritual director works from and mediates a faith tradition. The Internship focuses on the Theology of Discernment and builds on an overall theological formation. A bachelor's degree in Catholic theology fulfills this requirement. At a minimum, the individual must have undergraduate courses in the following areas: The Creed, Catholic Understanding of Scripture, Christology, Sacraments and Worship, Personal Morality, Social Morality, Introduction to Church History and Ecclesiology and the Mission of the Church or has completed the formation program for ordination into the permanent diaconate.

## 8. Present and Future Ministry Which Includes Some Form of Spiritual Direction

Who is asking the applicant for this service? Does the applicant foresee that by the second year of the Internship they will have people coming to them for spiritual direction?

## 9. Ability to Attend All Aspects of the Program and To Do the Required Study

### **THREE INTERN TRACKS:**

Two years of ten monthly sessions August - May:

1. Weekday: Meets third Wednesday (9:00am – 5:00pm) of each month, August-May, at the Jesuit Spirituality Center St. Charles College, Grand Coteau, near Lafayette, begins in **August, 2021**
2. Weekend: Meets second Saturday (9:00am – 5:00pm) of each month, August -May at the A.S.C. in Metairie, begins in **August, 2022**

3. Meets the first and second Tuesday of the Month, 5:00-9:00pm, August-May, at Franciscan University, Baton Rouge, begins in **August, 2022**

Composition of the two tracks is based upon the schedules of the participants, theological background, pastoral experience, male-female ratio, etc...

### **BRIEF DESCRIPTION OF THE PROGRAM:**

First Year: Study of the Theology of the Spiritual Exercises of St. Ignatius Loyola  
Input... Study... Reflection... Prayer... Case Studies... Role Playing...

Second Year: Verbatim of spiritual direction with feedback from supervisors and peer group

-Discussion of specific topics relating to spiritual direction led by experienced guest directors:

-The Director-Directee Relationship

-When God Seems Silent

-Ethical and Moral Issues Relating to Spiritual Direction

-Directing 19<sup>th</sup> Annotations

-etc...

-Summer directing of an 8 or 5 Day Directed Retreat with supervision.

-Guidance in a process of self/group evaluation.

-Final evaluation of the intern's individual gifts and areas of growth as a spiritual director by the supervisors.

## **FEE:**

\$2,800.00 for the two years. \$700.00 a semester.

This fee does not include textbooks or housing during the summer retreats. Adjustments regarding the fee can be made upon request.

## **STAFF:**

Sr. Dorothy Trosclair, O.P., a Dominican Sister of Peace is currently the Director of the Archdiocesan Spirituality Center in Metairie. Prior to this ministry, she served many years in leadership for her religious congregation. She was also vocation director and novice director and served as co-director of formation for the Southern Province of Dominican men in Oakland, California. Sister holds a Master in Spirituality Theology from Creighton University. Sister Dorothy is a spiritual director and retreat director. She has given many talks on a variety of topics in the area of spirituality, discernment, and leadership in religious congregations.

Sister Jeanne Moore, O.P., is a Dominican Sister of Peace, having returned in July, 2017, to her pre-Katrina home after completing a 12-year term on her congregation's leadership team, and then teaching in the religious studies program at St. Catharine College in Kentucky. Sr. Jeanne earned a master's degree in theology from the University of San Francisco. Between 1966-97 Sr. Jeanne was happily engaged in pastoral ministry and religious education, primarily of adults, in Metairie and Violet, as well as the dioceses of Lafayette and Tucson. Sr. Jeanne is a 1987 graduate of the internship program and is honored to now help equip others for this vital ministry.

Wendy Enloe, MRE is the Director of Religious Education at Holy Rosary parish in St. Amant, Louisiana where she provides spiritual direction and coordinates educational ministries for all age groups. Wendy earned a Master in Religious Education from Loyola University's Institute for Ministry in New Orleans. She completed the Archdiocesan Spirituality Internship Certification in 2015 and is currently working on her certification in Spiritual Direction from Creighton University. She is an instructor for the Diocese of Baton Rouge's Ministry and Theology program.

Mike Van Vranken is an author and spiritual director, providing direction in both the Dioceses of Shreveport and Alexandria. He is a former adjunct professor for the Greco Institute for Adult Faith Formation for the Diocese of Shreveport. For several years he also gave parish missions, one to three day retreats, break-out sessions and keynote addresses throughout the south and Midwest to many groups, including the annual Ministry Conference sponsored by the Diocese and the University of Dallas. Mike earned his Master in Theological Studies from the University of Dallas and is currently enrolled in the Master in Christian Spirituality program at Creighton University. Mike completed the Archdiocesan Spirituality Center's Internship program in 2017.

Becky Eldredge is an Ignatian-trained spiritual director, retreat facilitator, and author of two books: *The Inner Chapel* (Loyola Press, April 2020) and *Busy Lives & Restless Souls* (Loyola Press, 2017). She leads a ministry that offers spiritual direction, resources, and retreats (virtual and in-person) rooted in the Spiritual Exercises of St. Ignatius. Passionate about Ignatian spirituality and teaching people how to pray and discern, Becky draws from over twenty years of ministry experience to help people make room for God in the busyness and invites them deeper in their walk with Christ. She holds Certificate in Spiritual Direction from Spring Hill College, a Masters in Pastoral Studies from Loyola University in New Orleans, a Masters in Education from Louisiana State University. She is married to Chris, and they have three children.

For further information or to request an application, contact the Archdiocesan Spirituality Center:  
(504) 861-3254 [archspirctr@archdiocese-no.org](mailto:archspirctr@archdiocese-no.org)  
visit our website: <https://nolacatholic.org/asc>



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