

Giving the Exercises of St. Ignatius - Year 1 (2019-2020)

Two Year Training Course for Spiritual Directors

General 3-hour Class Schedule

Content 1	50 minutes
Break	10 minutes
Content 2 (with questions)	50 minutes
Break	10 minutes
Prayer Experience based on Exercises	30 minutes
Shared Group Reaction to Prayer and class	30 minutes

First Year Attendance Policy: Attendance is expected for all classes and both the opening and closing retreat. Excusals are granted for no more than 9 hours of class in the first year following discussion with one of the CIS co-directors.

Year 1: Classes are from 9-12pm and 1:30-4:30pm, 4th Saturday of each month except May, Rose Room

Date of Class	Thematic Content - AM	Thematic Content – PM
September 14	<ul style="list-style-type: none"> • Opening Retreat • Personal Stories – Hopes and Expectations • Overview of program; Summary of the Exercises 	
October 12	<p style="text-align: center;">Ignatius of Loyola and Ignatian Spirituality Fr. Mike & Fr. Art</p> <ul style="list-style-type: none"> • Person of Ignatius of Loyola • Autobiography of Ignatius • (Ignatian icons from Seattle U) • General structures of Ignatian Spirituality 	<p style="text-align: center;">Disposition Weeks Sr. Michelle & Michael</p> <ul style="list-style-type: none"> • Freedom, Dispositions, Grace, Obstacles to entering the Exercises, distinction of Counseling and direction • Annotations #1-17 • Principle and Foundation
<p>Have read for October class: <i>Autobiography of St. Ignatius Loyola</i>, chapters 1-11; <i>Like the Lightning</i>, chapters 1, 2, 6, & 7; <i>The Discerning Heart</i>, chapter 1; <i>The Call to Discernment</i>, chapters 1 & 2; and <i>Spiritual Exercises #1-23</i> (Ganss).</p>		

November 16	<p style="text-align: center;">Ignatian Prayer Fr. Art</p> <ul style="list-style-type: none"> • Examen (versions) • Forms of the Exercises (18,19,20) • Imaginative Contemplation • Ignatian Meditation • Colloquies, Review, Repetition, Application of the Senses 	<p style="text-align: center;">Annotation 18-20; First Week Sr. Michelle & Michael</p> <ul style="list-style-type: none"> • Images of God • Graces of personal shame & confusion and sorrow & tears for my sins. • Additions 1-5: Aides to prayer (SpEx 73-77) • Major points of Fleming/Brackley/Conroy
<p>Have read for November class: <i>Like the Lightning</i>, chapters 3-5, 8-10; <i>the Call to Discernment</i>, chapter 3–5 & 24-25; <i>the Discerning Heart</i>, chapters 2-3; and <i>Spiritual Exercises</i> #24-90.</p>		
December 14	<p style="text-align: center;">Rules of Discernment of Spirits First Week Michael</p> <ul style="list-style-type: none"> • Consolation and Desolation, Rules for First Week • Reasons for Desolation • Spoiled, secret lover, commander 	<p style="text-align: center;">Discernment Fr. Mike</p> <ul style="list-style-type: none"> • Growth in our Personal Relationship with God (Conroy) • Spiritual Direction as Fostering a Relationship with God (Conroy) • Guided Meditation
<p>Have read for December class: <i>Like the Lightning</i>, chapters 4- 5, 8, 9 & 10; <i>the Call to Discernment</i>, chapter 6. <i>The Discerning Heart</i>, chapters 4-5; and <i>Spiritual Exercises</i> #313-327.</p> <p>Mid-Term Essay due (3 pages typed).</p>		
January 11	<p style="text-align: center;">Following Christ, Second Week Fr. Art & Fr. Mike</p> <ul style="list-style-type: none"> • Finding Christ in healing, forgiveness, woundedness • Call of the King, Two Standards, • Three Classes of Persons, degrees of humility 	<p style="text-align: center;">Rules Discernment of Spirits – Second Week Michael & Sr. Michelle</p> <ul style="list-style-type: none"> • Characteristics of True Consolation • Angel of Light (deception) • Decisions after consolation – caution
<p>Have read for January class: <i>Like the Lightning</i>, chapters 11-12 & 16; <i>the Call to Discernment</i>, chapters 7 – 11; <i>the Discerning Heart</i>, chapters 6-7; SpEx 101-168 & 328-336.</p>		

February 8	<p style="text-align: center;">Election Michael & Sr. Michelle</p> <ul style="list-style-type: none"> • 3 Modes of Discerning God's will • Confirmation 	<p style="text-align: center;">Third Week – The Passion of Christ Fr. Art & Fr. Mike</p> <ul style="list-style-type: none"> • Where is Christ suffering in my life and world? • Compassion in my life and world • Principles of Catholic Social Teaching
<p>Have read for February class: <i>Like the Lightning</i>, chapter 13 & 15; <i>the Call to Discernment</i>, chapters 12-16 & 18-20; <i>the Discerning Heart</i>, chapters 8-9; SpEx #169-189 & 190-209. <i>What's Your Decision</i>, entire text.</p>		
March 7	<p style="text-align: center;">Fourth Week – The Resurrection Fr. Mike & Michael</p> <ul style="list-style-type: none"> • Resurrection Accounts • Contemplation on Love • How is Christ coming to new life in me and the world? 	<p style="text-align: center;">Thinking with the Church Fr. Art & Sr. Michelle</p> <ul style="list-style-type: none"> • Thinking with the Church • Fasting and Alms • Suscipe Prayer • Meditation on 4 areas of contemplating love
<p>Have read for March class: <i>Like the Lightning</i>, chapter 14; <i>the Call to Discernment</i>, chapters 21-23; <i>The Discerning Heart</i>, chapters 10-11; and SpEx #218-237, 210-217 & 337-370.</p>		
April 25	<p style="text-align: center;">Psychological Issues and Concerns (Sr. Michelle, Fr. Art, Fr. Mike, Michael)</p> <ul style="list-style-type: none"> • Projection and Self awareness • Dangers of the Director • Cultural/Ethnic and Special Perspectives (feminist, orientation, economic class) • Professional Boundaries 	<p style="text-align: center;">Spiritual Companionship (Sr. Michelle, Fr. Art, Fr. Mike, Michael)</p> <ul style="list-style-type: none"> • Holy Listening • Evocative questions • Role of feelings and emotions • Final reflections
<p>Have read for April class: <i>Like the Lightning</i>, Appendix 1: The Ignatian Exercises, pp 163-183; and <i>The Discerning Heart</i>, chapters 11.</p> <p style="text-align: center;">Final Essay due (3 pages typed).</p>		
May 23	<p style="text-align: center;">End of Year Retreat (1-5)</p> <ul style="list-style-type: none"> • Selection of a Directee • Resources to prepare as a director • Evaluation 	

Year 1 Required Texts:

Brackley, Dean, *The Call to Discernment in Troubled Times*, Crossroad Publishing Company, 2004.

Conroy, Maureen R.S.M., *The Discerning Heart: Discovering a Personal God*, Chicago: Loyola University Press, 1993.

Fleming, David SJ, *Like the Lightning: Dynamics of the Spiritual Exercises*, St. Louis: Institute of Jesuit Sources, 2004.

Ganss, George E., S.J. *The Spiritual Exercises of St. Ignatius: A Translation and Commentary*. St. Louis: The Institute of Jesuit Sources, 1992.