

Giving the Exercises and Supervision - Year 2 (2020-2021)

Revised March 2019

Year 2: Classes are from 9-12pm on the one Saturday of each month.

Monthly supervision sessions are by personal appointment.

Group supervision/mentoring is from 1-4pm every Saturday class session.

Date of Class	Thematic Content
September 2019 Opening Retreat 9am-4pm	Opening Retreat <ul style="list-style-type: none"> • Summer Sharing • A map and overview of the Spiritual Exercises – Graces (Fultrell and Cowan) – Michael • Review of goals and structure of Year 2 program – Fr. Dave • Verbatim and Supervision structures - Michael <p>Have read for September class: <i>Veltri, John, S.J., Orientations for Spiritual Growth, “Preparatory Phases: the Disposition Days”, Chapters 1-4. “Prayer Units”, Chapter 20 & “To You From Ignatius”, Chapter 21.</i></p>
October	<p>Week 1</p> <ul style="list-style-type: none"> • Structure and dynamics, disposition of directee, Identify the grace of the first week • Sin and guilt in the context of God’s love • Principle & Foundation, Examen • Cases from Directees – verbatim <p>Have read for October class: <i>Veltri, John, S.J., Orientations for Spiritual Growth, “First Principle and Foundation”, Chapters 5-6 & “First Week”, Chapters 7-9.</i></p>
November	Discernment of Spirits – Week I <ul style="list-style-type: none"> • Rules of the First Week • Consolation, Desolation, Tactics of the Evil Spirit • Cases from Directees – verbatim <p>Have read for November class: <i>Veltri, John, S.J., Orientations for Spiritual Growth, “Guidelines for Discerning Spirits”, Chapter 29.</i></p>
December	<p>Week 2</p> <ul style="list-style-type: none"> • Structure and dynamics, Knowing and following Jesus. • Call of the King, 2 standards, 3 classes of persons, 3 degrees of humility • Election – making a good decision, Confirmation

	<ul style="list-style-type: none"> • Cases from Directees – verbatim <p>Have read for December class: <i>Veltri, John, S.J., Orientations for Spiritual Growth, “Second Week”, Chapters 10-14; “The Kingdom Exercise and the Use of Myth in Spiritual Direction”, Chapter 26; & “Decision-Making and the Five Steps”, Chapter 27.</i></p>
January	<p>Discernment of Spirits – Week II</p> <ul style="list-style-type: none"> • “Water falling upon a sponge/rock • Deception Under the Guise of the Good • Cases from Directees – verbatim <p>Have read for January class: <i>Veltri, John, S.J., Orientations for Spiritual Growth, “Second Set of Guidelines”, Chapter 29.</i></p>
March	<p style="text-align: center;">Week 3</p> <ul style="list-style-type: none"> • Passion of Christ • Consolation – finding Christ in the poor • Cases from Directees – verbatim <p>Have read for February class: <i>Veltri, John, S.J., Orientations for Spiritual Growth, “Third Week”, Chapters 15-17 & “Confirmation and the Process of Discerning Decisions”, Chapter 28.</i></p>
March	<p style="text-align: center;">Week 4</p> <ul style="list-style-type: none"> • Resurrection Accounts, experiencing the resurrection • Contemplation on Divine Love • Cases from Directees – verbatim <p>Have read for March class: <i>Veltri, John, S.J., Orientations for Spiritual Growth, “Fourth Week”, Chapters 18-19.</i></p>
April	<ul style="list-style-type: none"> • Guest Speakers • Concluding the Exercises, • Special Cases, questions • Next steps for the Directee
May 1-5pm Closing Retreat	<p style="text-align: center;">Closing Retreat with Directees</p> <ul style="list-style-type: none"> • Sharing of stories • Invitation to draw others into the Exercises • 30 Day Retreat Opportunities • Dinner/social together

Year 2 - Required Texts (all required texts provided in soft copy for class)

Veltri, John, S.J., *Orientations for Spiritual Growth - Vol 2: A and B.*

For Those Who Accompany Others on the Inward Journey,

Go to: http://www.julianmaddock.info/texts/veltri/o2/or2a_bintro.html

Note: This text is available through the class.

Veltri, John, S.J., *Orientations for Spiritual Growth – Vol. 1 – Collections of Helps for Prayers.* 1993 (Retreat Center of Guelph, Ontario, Canada)

Privately published on line by Julian Maddock –

Go to

http://orientations.iesuits.ca/veltri_orientations.html or

<http://www.julianmaddock.info/texts/veltri/o1/veltri.htm>

Note: This text is available through the class.

Recommended Texts

Dyckman, Katherine M., SNJM; Garvin, Mary, SNJM; Liebert, Elizabeth, SNJM;

The Spiritual Exercises Reclaimed: Uncovering Liberating Possibilities for Women, New York: Paulist Press, 2001.

English, John J., S.J., *Spiritual Freedom*, 2nd Ed., Chicago: Loyola Press, 1995.

Savary, Louis M., *The New Spiritual Exercises: In the Spirit of Pierre*

Teilhard de Chardin, New York: Paulist Press, 2011.