Giving the Exercises of St. Ignatius - Year 1 (2017-2018)
Two Year Training Course for Spiritual Directors

General 3-hour Class Schedule

<table>
<thead>
<tr>
<th>Content 1</th>
<th>50 minutes</th>
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</thead>
<tbody>
<tr>
<td>Break</td>
<td>10 minutes</td>
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<tr>
<td>Content 2 (with questions)</td>
<td>50 minutes</td>
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<tr>
<td>Break</td>
<td>10 minutes</td>
</tr>
<tr>
<td>Prayer Experience based on Exercises</td>
<td>30 minutes</td>
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<tr>
<td>Shared Group Reaction to Prayer and class</td>
<td>30 minutes</td>
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</tbody>
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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

<table>
<thead>
<tr>
<th>Date of Class</th>
<th>Thematic Content - AM</th>
<th>Thematic Content – PM</th>
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</thead>
</table>
| September 30, 2017 (9am-4pm, w/lunch) | ● Opening Retreat  
● Personal Stories – Hopes and Expectations  
● Overview of program; Summary of the Exercises |                                                                                       |
| October 28, 2017                                             | **Ignatius of Loyola and Ignatian Spirituality** (Fr. Dave)  
● Person of Ignatius of Loyola  
● Autobiography of Ignatius  
● General structures of Ignatian Spirituality | **Disposition Weeks** (Michael Cheney)  
● Freedom, Dispositions, Grace, Obstacles to entering the Exercises, distinction of Counseling and direction  
● Annotations #1-20  
● Principle and Foundation |

Have read for October class:

Autobiography of St. Ignatius Loyola, chapters 1-11; Like the Lightning, chapters 1, 2, 6, & 7; The Discerning Heart, chapter 1; The Call to Discernment, chapters 1 & 2; and Spiritual Exercises #1-23 (Ganss).

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<th>Date of Class</th>
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| November 25, 2017 | **Ignatian Prayer** (Fr. Art)  
● Examen (versions)  
● Forms of the Exercises (18,19,20) | **Annotation 18-20; First Week** (Michael Cheney)  
● Trust – images of God  
● Review of Life – my response to grace |
<table>
<thead>
<tr>
<th>Date</th>
<th>Reading</th>
<th>Explanation</th>
</tr>
</thead>
<tbody>
<tr>
<td>November</td>
<td><strong>Have read for November class:</strong></td>
<td><em>Like the Lightning</em>, chapters 3-5, 8-10; <em>the Call to Discernment</em>, chapter 3–5 &amp; 24-25; <em>the Discerning Heart</em>, chapters 2-3; and <em>Spiritual Exercises</em> #24-90.</td>
</tr>
</tbody>
</table>
| December 23, 2017     | **Rules of Discernment of Spirits, First Week** (Fr. Dave) | - Consolation and Desolation, Rules for First Week  
- Reasons for Desolation  
- Spoiled, secret lover, general |
|                       | **Discernment** (Michael)                  | - What have I done for Christ?  
- What am I doing for Christ?  
- What will I do for Christ?  
- Guided Meditation |
| December              | **Have read for December class:**          | *Like the Lightning*, chapters 4-5, 8, 9 & 10; *the Call to Discernment*, chapter 6.  
*The Discerning Heart*, chapters 4-5; and *Spiritual Exercises* #313-327. |
| January 27, 2017      | **Following Christ, Second Week** (Fr. Art) | - Finding Christ in healing, forgiveness, wounded  
- Call of the King, Two Standards,  
- Three Classes of Persons, degrees of humility |
|                       | **Rules Discernment of Spirits – Second Week** (Fr. Dave) | - Rules for the Second Week  
- Characteristics of True Consolation  
- Angel of Light (deception)  
- Decisions after consolation – caution |
| January               | **Have read for January class:**           | *Like the Lightning*, chapters 11-12 & 16; *the Call to Discernment*, chapters 7 – 11; *the Discerning Heart*, chapters 6-7; *SpEx* 101-168 & 328-336. |
| February 24, 2018     | **Election** (Michael Cheney)              | - 3 Modes of Discerning God’s will  
- Reflection on emotions  
- Weighing Pros and Cons – reason  
- Confirmation |
|                       | **Third Week – The Passion of Christ** (Fr. Dave) | - Where is Christ suffering in my life and world?  
- Compassion in my life and world  
- Principles of Catholic Social Teaching |
| February              | **Have read for February class:**          | *Like the Lightning*, chapter 13 & 15; *the Call to Discernment*, chapters 12-16 & 18-20; *the Discerning Heart*, chapters 8-9; *SpEx* #169-189 & 190-209. |
### What’s Your Decision, entire text.

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Subtopics</th>
<th>Have read for March class:</th>
</tr>
</thead>
</table>
| March 24, 2018 | **Fourth Week – The Resurrection** (Fr. Art)                           | - Resurrection Accounts  
- Contemplation on Love  
- How is Christ coming to new life in me and the world? | *Like the Lightning*, chapter 14; *the Call to Discernment*, chapters 21-23;  
*The Discerning Heart*, chapters 10-11; and SpEx #218-237, 210-217 & 337-370. |
|              | **Thinking with the Church** (Michael Cheney)                         | - Thinking with the Church  
- Fasting and Alms  
- Suscipe Prayer  
- Meditation on 4 areas of contemplating love |                                                                                  |

### Have read for March class:

*Like the Lightning*, chapter 14; *the Call to Discernment*, chapters 21-23;  
*The Discerning Heart*, chapters 10-11; and SpEx #218-237, 210-217 & 337-370.

<table>
<thead>
<tr>
<th>Date</th>
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<th>Subtopics</th>
<th>Have read for April class:</th>
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</table>
| April 28, 2018 | **Psychological Issues and Concerns** (Fr. Dave)                     | - Projection and Self awareness  
- Dangers of the Director  
- Cultural/Ethnic and Special Perspectives (feminist, orientation, economic class)  
- Professional Boundaries | *Like the Lightning*, Appendix 1: The Ignatian Exercises, pp 163-183; and  
*The Discerning Heart*, chapters 11. |
|              | **Spiritual Companioning** (Fr. Art, Fr. Dave, Michael Cheney)      | - Holy Listening  
- Evocative questions  
- Role of feelings and emotions  
- Final reflections |                                                                                  |

### Have read for April class:

*Like the Lightning*, Appendix 1: The Ignatian Exercises, pp 163-183; and  
*The Discerning Heart*, chapters 11.

Final Essay due (3 pages typed).

<table>
<thead>
<tr>
<th>Date</th>
<th>End of Year Retreat</th>
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</thead>
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| May 19, 2018 | *Selection of a Directee*  
*Resources to prepare as a director*  
*Evaluation* |


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**Giving the Exercises and Supervision - Year 2 (2018-2019)**

Year 2: Classes are from 9-12pm on the 4th Saturday of each month except May. Bi-monthly supervision sessions are by personal appointment.
<table>
<thead>
<tr>
<th>Date of Class</th>
<th>Thematic Content</th>
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</table>
| September 29, 2019 9am-4pm, w/lunch | Opening Retreat  
  ● Summer Sharings  
  ● A map and overview of the Spiritual Exercises  
  ● Review of goals and structure of Year 2 program | |
| October 27, 2018 | **Week 1**  
  ● 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 | |
| November 24, 2018 | Discernment of Spirits – Week I  
  ● Rules of the First Week  
  ● Consolation, Desolation, Tactics of the Evil Spirit  
  ● Cases from Directees - verbatim | |
| December 22, 2018 | **Week 2**  
  ● 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  
  ● Cases from Directees - verbatim | |
| January 26, 2019 | Discernment of Spirits – Week II  
  ● “Water falling upon a sponge/rock  
  ● Deception Under the Guise of the Good  
  ● Cases from Directees - verbatim | |
| February 23, 2019 | **Week 3**  
  ● Passion of Christ  
  ● Consolation – finding Christ in the poor  
  ● Cases from Directees – verbatim | |
| March 23, 2019 | **Week 4**  
  ● Resurrection Accounts, experiencing the resurrection  
  ● Contemplation on Divine Love  
  ● Cases from Directees - verbatim | |
<p>| April 27, 2019 | ● Concluding the Exercises, | |</p>
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Details</th>
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<tbody>
<tr>
<td>May 18, 2019</td>
<td>Closing Retreat with Directees</td>
<td>• Sharing of stories</td>
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<td>• Invitation to draw others into the</td>
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<td></td>
<td></td>
<td>Exercises</td>
</tr>
<tr>
<td></td>
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<td>• 30 Day Retreat Opportunities</td>
</tr>
</tbody>
</table>

**Year 2 Required Texts**

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


Go to: [http://www.julianmaddock.info/texts/veltri/o2/or2a_bintro.html](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.jesuits.ca/veltri_orientations.html](http://orientations.jesuits.ca/veltri_orientations.html) or [http://www.julianmaddock.info/texts/veltri/o1/veltri.htm](http://www.julianmaddock.info/texts/veltri/o1/veltri.htm)

Note: This text is available through the class.