Giving the Exercises of St. Ignatius - Year 1 (2019-2020)  
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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<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>
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<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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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>
<tbody>
<tr>
<td>September 14</td>
<td>• Opening Retreat</td>
<td></td>
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<tr>
<td></td>
<td>• Personal Stories – Hopes and Expectations</td>
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<tr>
<td></td>
<td>• Overview of program; Summary of the Exercises</td>
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<tr>
<td>October 12</td>
<td>Ignatius of Loyola and Ignatian Spirituality</td>
<td>Disposition Weeks</td>
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<tr>
<td></td>
<td>Fr. Mike &amp; Fr. Art</td>
<td>Sr. Michelle &amp; Michael</td>
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<tr>
<td></td>
<td>• Person of Ignatius of Loyola</td>
<td>• Freedom, Dispositions,</td>
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<td></td>
<td>• Autobiography of Ignatius</td>
<td>Grace, Obstacles to entering</td>
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<td></td>
<td>• (Ignatian icons from Seattle U)</td>
<td>the Exercises, distinction of</td>
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<tr>
<td></td>
<td>• General structures of</td>
<td>Counseling and direction</td>
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<tr>
<td></td>
<td>Ignatian Spirituality</td>
<td>• Annotations #1-17</td>
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<td></td>
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<td>• Principle and Foundation</td>
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</tbody>
</table>

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).
### November 16

#### Ignatian Prayer
- Fr. Art
  - Examen (versions)
  - Forms of the Exercises (18,19,20)
  - Imaginative Contemplation
  - Ignatian Meditation
  - Colloquies, Review, Repetition, Application of the Senses

#### Annotation 18-20;
- First Week
- Sr. Michelle & Michael
  - 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

**Have read for November class:**

*Like the Lightning*, chapters 3-5, 8-10; *the Call to Discernment*, chapter 3–5 & 24-25; *the Discerning Heart*, chapters 2-3; and *Spiritual Exercises* #24-90.

### December 14

#### Rules of Discernment of Spirits
- First Week
- Michael
  - Consolation and Desolation, Rules for First Week
  - Reasons for Desolation
  - Spoiled, secret lover, commander

#### Discernment
- Fr. Mike
  - Growth in our Personal Relationship with God (Conroy)
  - Spiritual Direction as Fostering a Relationship with God (Conroy)
  - Guided Meditation

**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.

Mid-Term Essay due (3 pages typed).

### January 11

#### Following Christ, Second Week
- Fr. Art & Fr. Mike
  - Finding Christ in healing, forgiveness, woundedness
  - Call of the King, Two Standards,
  - Three Classes of Persons, degrees of humility

#### Rules Discernment of Spirits – Second Week
- Michael & Sr. Michelle
  - Characteristics of True Consolation
  - Angel of Light (deception)
  - Decisions after consolation – caution

**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 8 | Election  
Michael & Sr. Michelle  
• 3 Modes of Discerning God’s will  
• Confirmation | Third Week – The Passion of Christ  
Fr. Art & Fr. Mike  
• Where is Christ suffering in my life and world?  
• Compassion in my life and world  
• Principles of Catholic Social Teaching |

**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.

| March 7 | Fourth Week – The Resurrection  
Fr. Mike & Michael  
• Resurrection Accounts  
• Contemplation on Love  
• How is Christ coming to new life in me and the world? | Thinking with the Church  
Fr. Art & Sr. Michelle  
• 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.

| April 25 | Psychological Issues and Concerns  
(Sr. Michelle, Fr. Art, Fr. Mike, Michael)  
• Projection and Self awareness  
• Dangers of the Director  
• Cultural/Ethnic and Special Perspectives (feminist, orientation, economic class)  
• Professional Boundaries | Spiritual Companioning  
(Sr. Michelle, Fr. Art, Fr. Mike, Michael)  
• 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).

| May 23 | End of Year Retreat (1-5)  
• Selection of a Directee  
• Resources to prepare as a director  
• Evaluation |
Year 1 Required Texts:


