

A CHRIST-CENTERED SPIRITUAL DIRECTOR FORMATION PROGRAM

In September 2019, a new group will begin the Journey Center Association's two-year spiritual director formation program at the Journey Center in Santa Rosa, California. Up to 20 applicants will be accepted into this formation group, the fifth in our history.

PROGRAM DETAILS:

1. A face-to-face program with some online components; the experience of shared community is an essential part of the formation experience.
2. Thorough formation, training and supervision in the theory and practice of contemplative models of individual and group spiritual direction, and contemplative retreat leadership.
3. The first six months of the program have a focus on *discernment*...each participant will journey more deeply into the contemplative way of prayer and encounter with the Holy. They will also engage in a process of clarifying and confirming their calling to continue in the program and enter into formation as a spiritual director. *The initial commitment is for this discernment period only.* (Commitment to the entire program is made after discernment, at the end of the first six months).
4. The training is Christ-centered: we use the Old and New Testaments as our sacred texts and teach ancient and modern Christ-centered spiritual practices. Applicants from ALL faiths and spiritual paths are welcome; there is a historical tradition of spiritual directors being trained where the roots of spiritual direction are found (Christianity) and then taking the gifts of spiritual direction back to their own faith communities.
5. Although each participant will be *required* to meet monthly with a spiritual director of their own choosing starting no later than March 2019, we *highly recommend* that applicants begin meeting with a spiritual director now, if they are not already.

TIMELINE and PROGRAM COMPONENTS:

1. This program is designed around three Movements that guide participants on the formation journey. Over the course of the two years, there are 4 weekend retreats and regular twice-monthly Tuesday evening gatherings (5-9 p.m.).
2. **Timeline and program components:**
 - **Movement One** (*Discovering and Discerning*):
 - **September 2019:** Opening community-building retreat + 2 Tuesday evenings
 - **October 2019-February 2020:** contemplative practices, book reading/reflection, journaling, listening groups, exploring the Enneagram (personality styles)
 - **Movement Two** (*Forming and Practicing*):
 - **March 2020:** Opening weekend retreat + 2 Tuesday evening meetings: begin training in individual spiritual direction
 - **April-August 2020:** participants prepare for and begin their internship in spiritual direction + gatherings twice a month for spiritual practice, training and supervision
 - **September 2020:** weekend training- group spiritual direction + 2 Tuesday evenings
 - **October 2020-February 2021:** internship continues + gatherings twice a month for spiritual practice, advanced training and supervision

- **Movement Three** (*Discerning and Responding*):
 - **March 2021:** Contemplative weekend retreat + 2 Tuesday evening meetings; begin training in contemplative retreat leadership
 - **April- August 2021:** internship continues + gatherings twice monthly for practice/supervision, training and retreat planning; intern retreats offered
 - **September 2021:** graduation!

COST: The cost of this two-year program is \$3000 *per year* (\$250 *per month*), which covers tuition, materials, retreats and group supervision. Additional costs include books, your sessions with your own spiritual director throughout the program and individual supervision (during the second year of the program). *We can design a payment plan that fits your needs.*

FACULTY/STAFF:

- **Helen Cepero-** has been a spiritual director and trained supervisor for over 25 years. She teaches in the Center for Spiritual Direction at North Park Theological Seminary in Chicago (spiritual formation and spiritual direction) and for the Journey Center Association (spiritual direction). Helen is also a retreat leader and author (“Journaling As a Spiritual Practice”, “Christ-Shaped Character” + numerous articles) and serves with Journey Center Santa Rosa’s staff of spiritual directors. Helen’s role in the Journey Center Association’s program is that of *Program Director*.
- **Joanna Quintrell-** has been a spiritual director since 2003, and a trained supervisor and serves as the Executive Director of the Journey Center Association. She loves designing and leading a variety of prayer/meditation gatherings and retreats. Joanna’s role in the Journey Center Association’s program is that of *Administrative Director*.
- **Others-** during the course of this formation program, participants will be blessed by our great staff members who serve as coaches, facilitators, teachers and supervisors; they are seasoned spiritual directors and wonderful people!

APPLICATION PROCESS:

- **Contact Joanna Quintrell with any questions** at any point in the application process (joanna@journeycenter.org)
- Applications are being accepted between now and **the application deadline, which is March 31, 2019.**
- **An interview will be scheduled with Helen and Joanna in April 2019.** Each applicant has the opportunity to meet the program’s directors, discuss details/questions, learn about the discernment process and internships, and share about their own journey.
- You will know if you have been accepted into the program **by May 5, 2019.**

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