



# THE INSTITUTE FOR PRIESTLY FORMATION

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SPIRITUAL DIRECTION TRAINING  
PROGRAM FOR DIOCESAN PRIESTS

2014-2017

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# Overview



**THE INSTITUTE FOR PRIESTLY FORMATION  
SPIRITUAL DIRECTION TRAINING PROGRAM FOR DIOCESAN PRIESTS**

**Program Location: St. Mary of the Lake/Mundelein Seminary**  
1000 East Maple Avenue  
Mundelein, Illinois 60060  
Telephone: 847-566-8290; FAX: 847-566-7971  
<https://www.usml.edu/conference-center>

**Program Details and Arrangements: The Institute for Priestly Formation**  
2500 California Plaza  
Omaha, Nebraska 68178  
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**Program Staff**

Fr. Jim Rafferty and Kathy Kanavy, Program Directors  
Fr. Rich Gabuzda, Executive Director  
Kelsa Brazell, Program Coordinator

**Section A Staff**

Msgr. John Cippel  
Fr. Eugene Florea  
Trudy McCaffrey  
Fr. Pat O'Kane  
Deacon Pat Quagliana  
Msgr. Tom Richter  
Dr. Margaret Schlientz  
Mary Lou Schuster  
Fr. Jorge Torres  
Fr. Mark Toups  
Fr. Bob Uzzilio  
Fr. Peter Williams

**Section B Staff**

Fr. Gerard Dewan  
Msgr. John Esseff  
Msgr. Michael Glenn  
Fr. Paul Hoesing  
Fr. Joe Kelly  
Fr. Ken Malley  
Trudy McCaffrey  
Fr. Joe O'Connor  
Deacon Pat Quagliana  
Dr. Margaret Schlientz  
Mary Lou Schuster  
Fr. Jim Steffes  
Fr. Randy Timmerman

## **Dates Section A**

Year 1, Week 1: May 11-16, 2014

Year 1, Week 2: October 12-17, 2014 (October 12-21 for those extending retreat)

Year 1, Week 3: January 11-16, 2015

Year 2, Week 1: May 10-15, 2015

Year 2, Week 2: October 4-9, 2015 (October 4-13 for those extending retreat)

Year 2, Week 3: January 10-15, 2016

Year 3, Week 1: May 15-20, 2016

Year 3, Week 2: October 2-7, 2016 (October 2-11 for those extending retreat)

Year 3, Week 3: January 8-13, 2017

## **Dates Section B**

Year 1, Week 1: April 27 - May 2, 2014

Year 1, Week 2: September 28 - October 3, 2014 (Sept 28 - Oct 6 for those extending retreat)

Year 1, Week 3: February 8-13, 2015

Year 2, Week 1: May 3-8, 2015

Year 2, Week 2: October 18-23, 2015 (October 18-26 for those extending retreat)

Year 2, Week 3: January 17-22, 2016

Year 3, Week 1: April 24-29, 2016

Year 3, Week 2: October 30 - November 4, 2016 (Oct 30 - Nov 8 for those extending retreat)

Year 3, Week 3: February 5-10, 2017

## **Program Overview**

The Institute for Priestly Formation offers the three-year (nine week) Spiritual Direction Training Program for Diocesan Priests with two focal points in mind. First, the program fosters the priest's intimate encounter with the Trinity so as to anchor the priest's identity in a heartfelt, ongoing personal relationship with God. Second, the program forms the priest in the dynamics of contemplative spiritual direction so that he might utilize these skills in pastoral ministry, especially in the charism of spiritual direction.

Because the heart of the priest's life is his loving relationship with God and with Mary, the program fosters a way of contemplative living founded upon specific tools of the spiritual life. These tools help the priest to stay in relationship with God in the midst of his daily activity and to recognize the action of the Holy Spirit inviting his cooperation. By becoming more discerning of his own interior movements, the priest thereby grows in his capacity to teach others how to enter into relational prayer with the Lord. The experience of felt intimacy with God nurtures inner healing and expanding freedom for mission.

Program participants develop practical skills to accompany others in their personal faith through the charism of spiritual direction.

Specifically, the program is structured to promote contemplative receiving. The gatherings at Mundelein Seminary include seminar style input and conversation, reading, communal prayer, practicum experiences, individual spiritual direction, and priestly fraternity. Each year also includes a silent directed retreat centered on prayer with Scripture. The program content includes five key areas:

1. The identity of the diocesan priest
2. The dynamics of prayer and conversion
3. The dynamics of inner healing
4. Contemplative listening and spiritual direction
5. The Rules for the Discernment of Spirits



**The Institute for Priestly Formation**  
**Spiritual Direction Training Program for Diocesan Priests 2014-2017**

**GOALS AND OBJECTIVES**

**To encounter more personally the love of the Father, Son, and Holy Spirit, and Mary so as to live in intimate and unceasing union with God.**

1. The priest will be able to receive and respond to the outpouring love of God for him.
2. The priest will experience the freedom of God's healing love and the desire to choose to live in this love each day.
3. The priest will grow in his desire to live for God alone.
4. The priest will embrace his sonship with growing amazement in the Father's affection for him.
5. The priest will grow in personal relationship with Mary allowing her to guide him to greater receptivity of God.

**To anchor his identity more firmly as a priest of Jesus Christ in the light of his deepening relationship with the Father, Son, and Holy Spirit, and Mary.**

1. The priest will learn to live in the grace of union with Christ the High Priest received in ordination.
2. The priest will mature in living Christ's own identity as Beloved Son, Chaste Spouse, Spiritual Father, Spiritual Physician, Good Shepherd.
3. The priest will discover, as did Joseph, how Mary helps to evoke his spousal and paternal heart.

**To be equipped to draw others into the Blessed Trinity's love in all aspects of the mission of diocesan priesthood, particularly through the charism of spiritual direction.**

1. The priest will learn to abide in the mind and heart of Christ in all aspects of his priestly mission.
2. The priest will interiorize and apply the Rules for the Discernment of Spirits.
3. The priest will grow in trust that Christ's healing power is at work in his priestly ministry.
4. The priest will learn to exercise the charism of spiritual direction in a specifically contemplative posture.





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**Spiritual Direction Training Program for Diocesan Priests**

**WEEKLY COURSE OBJECTIVES 2014-2017**

**Year I, Week 1**

1. To understand the interplay of Relationship—Identity—Mission as a foundation for the spiritual life and interior healing
2. To introduce the diocesan priest to basic elements of contemplative prayer, especially receiving from God
3. To introduce the diocesan priest to basic elements of contemplative spiritual direction
4. To notice, understand, and take action in light of the interior movements of the indwelling Spirit

**Year I, Week 2**

1. To awaken and deepen the heart of the diocesan priest to receive personally and intimately his identity as beloved son and to choose to remain in that identity
2. To invite the diocesan priest to taste and delight in his communion with the Father, Son, Holy Spirit, and Mary
3. To deepen the diocesan priest's freedom to see and to accept himself as the Father sees and accepts him
4. To grow in the ability to Acknowledge, Relate, Receive, and Respond to God's love
5. To deepen the diocesan priest's personal understanding of the interior dynamics of sin

**Year I, Week 3**

1. To help the diocesan priest to remain in his identity as beloved son
2. To deepen the practice of contemplative prayer
3. To grow in understanding and choosing a life ordered by relationship with Christ
4. To equip the diocesan priest to recognize and overcome obstacles to receptivity to God in prayer
5. To grow in the ability to teach others to pray
6. To help the diocesan priest recognize and understand interior affective movements within directees

**Year II, Week 1**

1. To awaken and deepen the diocesan priest's appreciation of his identity as chaste spouse
2. To help the diocesan priest to receive an understanding of human weakness in the light of God's love
3. To grow in the understanding of the dynamics of inner healing, especially woundedness, anger, resentment, and forgiveness
4. To grow further in the ability to identify affective movements in the directee's heart, especially the most prominent affective movement

**The Institute for Priestly Formation**  
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**Year II, Week 2**

1. To invite the diocesan priest to taste and delight in his communion with the Father, Son, Holy Spirit, and Mary

**Year II, Week 3**

1. To awaken and deepen the diocesan priest's appreciation of his identity as spiritual father
2. To strengthen the diocesan priest in his ability to teach the people of God how to pray
3. To understand the human and spiritual dynamics of addictive behaviors
4. To see more clearly and to choose the way of Christ and to go against the spirit of the world

**Year III, Week 1**

1. To awaken and deepen the diocesan priest's appreciation of his identity as spiritual physician
2. To experience communion with Christ in the ministry of the sacraments of healing
3. To instill confidence in the diocesan priest's authority in Christ for the ministry of deliverance
4. To broaden and deepen the competency of the diocesan priest in the ministry of contemplative spiritual direction
5. To familiarize the diocesan priest with further distinctions in the Discernment of Spirits

**Year III, Week 2**

1. To invite the diocesan priest to taste and delight in his communion with the Father, Son, Holy Spirit, and Mary

**Year III, Week 3**

1. To awaken and deepen the diocesan priest's appreciation of his identity as good shepherd
2. To appreciate the magnitude of God's love revealed in Christ's dying and rising
3. To familiarize the diocesan priest with common psychological pathologies encountered in ministry
4. To summarize and appreciate the gifts given and received in the course of the spiritual direction training program

**The Institute for Priestly Formation  
Spiritual Direction Training Program for Diocesan Priests**

**CERTIFICATE CRITERIA 2014-2017**

**Certificate I**

**“The Spirituality of Diocesan Priesthood and Spiritual Direction”**

This certificate recognizes that the priest recipient has completed the IPF three-year Spiritual Direction Training Program. As part of this program, the recipient has completed a practicum in spiritual direction and teaching prayer in the parish. He has exhibited growth in encountering the Trinity more personally, in strengthening his identity as a priest of Jesus Christ, and in drawing others into the Trinity’s love in his priesthood, particularly through spiritual direction.

**Requirements**

- Attendance at the weekly program sessions.
- Completion of readings
- The priest must also receive regular (usually monthly) spiritual direction throughout the training program and intend to continue this monthly spiritual direction.
- Completion of all practicum requirements

**Practicum Requirements**

- **Year I:**
  - A. Completion of the reflection instrument, “Noticing God at Work in Priestly Life” due at the winter session 2015.
  - B. Contract with at least two people for spiritual direction for two years (February 2015 through January 2017). The initial meeting should be in February of 2015.
- **Year II:** One verbatim of a spiritual direction session due at the time of each session: Spring 2015; Fall 2015; Winter 2016.
- **Year III:**
  - A. Practicum project, “Teaching Prayer in the Parish”. The Practicum Project Summary must be completed by the fall session 2016. (*Practicum Project requirements will be given at the conclusion of Year II, the winter session 2016.*)
  - B. One verbatim of a spiritual direction session due at the time of each session: Spring 2016 and Fall 2016.

**Certificate II**

**“Spiritual Direction and Retreat Ministry”**

This certificate recognizes that the priest recipient has completed the IPF three-year Spiritual Direction Training Program. As part of this program, the recipient has

completed a practicum in the art of spiritual direction *which has included directing retreats*. The recipient has also made the Spiritual Exercises of St. Ignatius Loyola in either the 30-day silent individually directed retreat format or the directed retreat in daily life format, i.e. the 19<sup>th</sup> Annotation Retreat. He has exhibited growth in encountering the Trinity more personally, in strengthening his identity as a priest of Jesus Christ, and in drawing others into the Trinity's love in his priesthood, particularly through spiritual direction in the Ignatian tradition.

### **Requirements**

- Attendance at the weekly program sessions.
- Completion of readings.
- The priest must also receive regular (usually monthly) spiritual direction throughout the training program and intend to continue this monthly spiritual direction.
- Completion of all practicum requirements.

### **Practicum requirements**

- **Year I:**
  - A. Completion of the reflection instrument, "Noticing God at Work in Priestly Life" due at the winter session 2015.
  - B. Contract with at least two people for spiritual direction for two years (February 2015 through January 2017). The initial meeting should be in February of 2015.
- **Year II:** One verbatim of a spiritual direction session due at the time of each session: Spring 2015; Fall 2015; Winter 2016.
- **Year III:**
  - A. Practicum project: "Individually Directed Retreats". The Practicum Project verbatims must be submitted by the fall session 2016. (*Practicum Project requirements will be given at the conclusion of Year II, the winter session 2016.*)
  - B. One verbatim of a spiritual direction session due at the time of each session: Spring 2016 and Fall 2016. (The Fall verbatim will be taken from the silent individually directed retreat experience.)
  - C. The priest will also make the Spiritual Exercises of St. Ignatius Loyola in either the 30-day silent individually directed retreat format or the directed retreat in daily life format, i.e. the 19<sup>th</sup> Annotation Retreat. *Requirement must be completed by January 31, 2020. This requirement can be fulfilled if you completed the Spiritual Exercises retreat no earlier than December 31, 2004.*