

## A CHRIST-CENTERED SPIRITUAL DIRECTOR FORMATION PROGRAM

In early 2022, two cohorts will begin the Journey Center Association's two-year spiritual director formation program in two Bay Area locations (Livermore- January 2022; Santa Rosa- March 2022). Up to 20 applicants will be accepted into each formation group.

### PROGRAM DETAILS:

1. Combining virtual and face-to-face components, the experience of shared community is an essential part of the formation journey. We can accommodate those who live outside the Bay area and can travel here 2-4 times per year.
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 contemplative formation, prayer, deep listening 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 spiritual practices from the Christian tradition. 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 6 months before the start date of the program, we *highly recommend* that applicants begin meeting with a spiritual director now, if they are not already doing so.

### 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, regular twice-monthly evening gatherings (some in person, some virtual) and online small group sessions.
2. **Timeline and program components:**
  - **Movement One** (*Discovering and Discerning*): 6 months
    - opening community-building retreat
    - contemplative practices, book reading/reflection, journaling, listening groups, exploring the Enneagram (personality styles)
  - **Movement Two** (*Forming and Practicing*): 12 months
    - opening weekend retreat: begin training in individual spiritual direction
    - participants prepare for and begin their internship in spiritual direction
    - contemplative practices, book reading/reflection, journaling, practice groups, training sessions, individual and group supervision
    - weekend training in group spiritual direction

- **Movement Three** (*Discerning and Responding*): 6 months
  - contemplative weekend retreat; begin training in contemplative retreat leadership
  - internship continues
  - contemplative practices, book reading/reflection, journaling, practice groups, training sessions, individual and group supervision
  - retreat planning; intern retreats offered
  - graduation!

**COST:** The cost of this two-year program is \$3,600 per year (\$300 per month), which covers tuition, materials, retreats and group supervision. Additional costs include books, internet access/device for Zoom sessions, 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:**

- Our Spiritual Director formation program was birthed in 2009 by Helen Cepero and Joanna Quintrell, who continue to serve on the staff at both locations.
- We have developed a shared leadership model with general and specific responsibilities based upon the giftings, experiences and passions of the leadership team in place at each location.
- 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! All staff members are trained/certified spiritual directors and supervisors.
- See the Journey Center Association website for staff bios.

#### **APPLICATION PROCESS:**

- **Contact Joanna Quintrell with your questions** at any point in the application process ([joanna@journeycenter.org](mailto:joanna@journeycenter.org) )
- The process for applying to the JCA's 2-year Spiritual Director Formation Program includes submitting your application and reference letters, and an interview.
- Applications are now being accepted for both locations. **The deadline for application is August 31, 2021.**
- Interviews will be scheduled in **September 2021**. Each applicant has the opportunity to meet 2 or 3 of our staff, 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 **October 2021**.

#### **The Journey Center Association**

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