

Spiritual Direction—What is it?

“It is necessary to rediscover the great tradition of personal spiritual guidance which has always brought great and precious fruits to the Church’s life.”

- ◆ Pope St. John Paul the Great

“The main focus of spiritual direction is union with God.

...Spiritual direction is about developing a love relationship with God that inevitably spills into all other areas of our lives.”

- ◆ Dan Burke

The heart of Christ is always beckoning us to come and work “for the fields are ripe for the harvest.” If you are feeling a particular call on your life from the Lord to accompany others on their spiritual journey, consider exploring this program.



All sessions will be held at
Christ the King Catholic Church
4000 Ave Maria Drive
Ann Arbor, MI



For more information about the program, costs and to obtain an application, visit:

heartofchristspiritualdirection.com

or contact:

Jeannette Barbacane
jbarbacane@gmail.com

or

Tesa Fleming
tesafleming@gmail.com

Heart of Christ
PO Box 341
Ann Arbor, MI 48106

HEART OF CHRIST

SPIRITUAL DIRECTION TRAINING PROGRAM



***Behold this Heart
which has so loved men that It
spared nothing***

SPIRITUAL DIRECTION PROGRAM

A Time Honored Tradition for Today

“Without exception, the teachings of the saints and spiritual doctors of the Church agree: spiritual direction is among the most powerful tools to help us.

..Spiritual direction is the means through which the Holy Spirit guides us.”

- “Navigating the Interior Life,” Dan Burke

“Is it not one of the "signs of the times" that in today's world, despite widespread secularization, there is a *widespread demand for spirituality*, a demand which expresses itself in large part as a *renewed need for prayer*?

...our Christian communities must become genuine 'schools' of prayer

-*Novo Millenio Ineunte*, Pope St. John Paul the Great

“The Church will have to initiate everyone – priests, religious and laity – into this “art of accompaniment” which teaches us to remove our sandals before the sacred ground of the other”.

- *Joy of the Gospel*, Pope Francis, SJ

Heart of Christ is a two year program geared toward training individuals in the art of Catholic spiritual direction.

Applicants must be willing to commit to daily prayer and weekly classes.

Applications are available on the website and are currently being accepted for next fall.



St. Ignatius of Loyola

“The Church continues to recommend the practice of spiritual direction...to every Christian who wishes to live responsibly his baptism.”

- Pope Emeritus Benedict XVI

The program includes:

- ◆ Ignatian Spiritual Exercises
- ◆ Spiritual direction principles and practice
- ◆ Teachings on prayer
- ◆ Spiritual growth with the saints
- ◆ Life in the Holy Spirit
- ◆ Theological & Cardinal Virtues
- ◆ Discernment of Spirits
- ◆ Spiritual Direction Practicum

Visit our website at

heartofchristspiritualdirection.com

1st year:

30 weekly sessions on Tuesday evenings (Sept -May)

Followed by a five day session in June

2nd year:

Spiritual direction practicum includes 2 meetings per month as a class on Thursday evenings (1st & 3rd)

Followed by a five day session in June

—For dates, see website—