

IGNATIUS OF LOYOLA

This course introduces people to the richness of the spirituality of Ignatius of Loyola (1491 - 1556) who was a pioneer in proposing ways for the individual to attain spiritual freedom. His reflection upon his relationship with God and documentation of his understanding has transmitted to us great wisdom in *The Art of Spiritual Direction* and the discernment of spirits in our life. This wisdom takes clear and compelling form in his *Spiritual Exercises*.



Our one year course – often referred to as ‘Top-up’- runs alongside our 3-year course. To find out more about our history and all our courses please visit our website:

www.artsd.org.uk

Quotes from previous students:

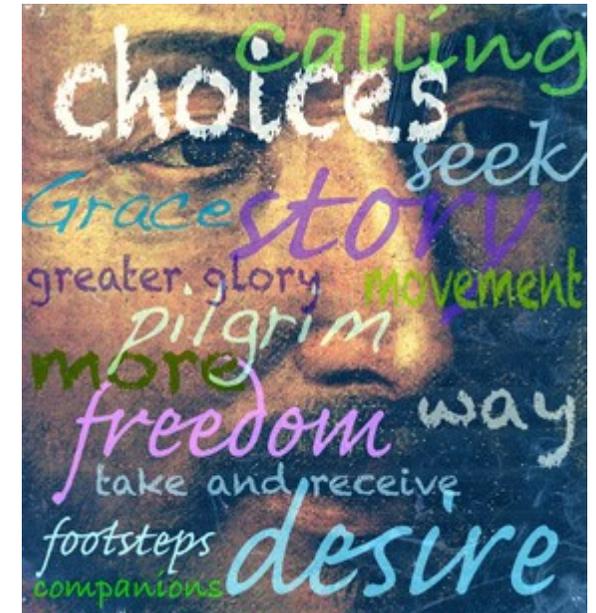
‘A wonderfully lifegiving and enriching experience which has served to deepen my own spirituality, enhance my understanding, love and respect for the Exercises and hugely inform my practice.’ Caroline Welby (2018)

“This course will change your life! I can’t recommend it highly enough. Experienced directors will come away re-energised in relation to their own experience of God in the Exercises, as well as gaining a whole new dimension to their accompanying of others.”

Ruth Tuschling(2020)



IGNATIAN TOP UP COURSE One Year Ignatian Spirituality Course for Experienced Spiritual Directors at the London Jesuit Centre



*A Formation and Training in Spiritual Direction
based on The Spiritual Exercises
of Ignatius of Loyola*

THE COURSE

This one-year course aims to **form participants** in giving the Spiritual Exercises of St Ignatius of Loyola. This course is considered as Continued Professional Development and is for people already trained in spiritual direction. The course may also be suitable for previous graduates from our 3 year Ignatian training as a way to refresh their ability in giving the Exercises.

The course provides participants with the opportunity to engage with the theory and application of the **text of the Spiritual Exercises**.

In addition, participants are helped to **develop further their skills in spiritual direction**, especially the competence and reflective practice needed to be able to give the Spiritual Exercises by the 19th Annotation. There are regular appraisals and assignments throughout the duration of the course.

The course is an ecumenical Christian course and is open to people of goodwill from all traditions. It is led by an experienced staff of lay people, religious and clergy.

The course will run from September to June on Wednesdays (11am - 4pm) Venue is the London Jesuit Centre, 114, Mount Street, London W1K 3AH.

There is a lot of interest in this Course and places are limited, and will be given on a first come, first served basis.

ENTRY REQUIREMENTS

Participants will

- have completed training for offering spiritual direction;
- be involved in accompanying others on a regular basis;
- have been engaged in the ministry of spiritual direction for several years;
- be receiving support from on-going supervision;
- have made, or currently be in the process of making, the full Spiritual Exercises, either by the 30-day retreat or in Daily Life (sometimes called the 19th Annotation).

Entry on to the course is subject to application form with two letters of recommendation from your supervisor and another. An interview can be arranged if needed.

COST

The fee for the Course is £1320. We hope that no one is prevented from following the course through lack of money. Some assistance may be available from a small bursary fund.

CERTIFICATION

A Certificate of Continued Professional Development is presented at the end of the year, reflecting the hours attended.

TO APPLY

To apply for the course, you can download an application form from our website or write to:

The ISC Administrator
The London Jesuit Centre
114, Mount Street
London
W1K 3AH

Telephone: 07453446608
Email: info@artsd.org.uk
www.artsd.org.uk