

"Initially nervous I quickly found the course delivered more than I could have hoped for; a small, intimate group of students, enabling deep fellowship and authentic practice sessions, all safely held by wise and empathetic tutors who encouraged us, and ensured we each got our best from the content. This course has enhanced my regular spiritual direction practice, reengaged me with my own journey through the Exercises and led to the blessing of leading my first retreatant through the 19th Annotation. It's an intense year, but the best investment of time and money that I have made in my spiritual direction ministry. For devotees of the Spiritual Exercises, I cannot recommend it highly enough."

Julia Sheffield (2020)

Certification

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

Cost

You will find the current fee for the course on the website. 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.

Applications

To apply for a place on **Ignatian Enrichment** next year, you can download an application form from our website www.artsd.org.uk or email us at info@artsd.org.uk



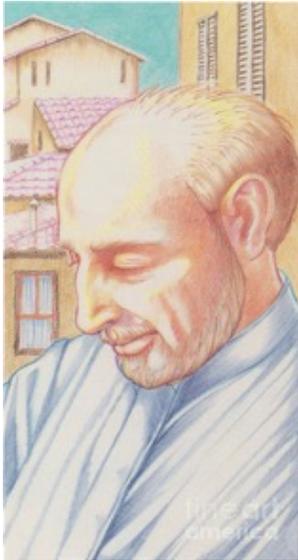
Ignatian Enrichment

A one-year online course for experienced Spiritual Directors

Our one-year course (often referred to as the "Ignatian Top-Up Course") runs alongside our three-year formation course. To find out more about our history and all our courses please visit our website: www.artsd.org.uk

This course aims to form participants in a deeper knowledge and appreciation of the richness of the spirituality of Ignatius of Loyola (1491 - 1556), and to equip them to give his Spiritual Exercises.

Ignatius was a pioneer in proposing ways for the individual to attain spiritual freedom, and to discover a unique personal vocation to loving apostolic service. The Spiritual Exercises continue to transform lives today.



The Course

Ignatian Enrichment is a course for people already trained and practising as spiritual directors and is considered as Continued Professional Development. The course may also be suitable for those who have previously completed our three-year Ignatian formation as a way to refresh their ability and confidence in giving the Exercises.

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

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

Ignatian Enrichment 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.

There is always a great deal of interest in this course and places are limited: they will be offered on a first come, first served basis.

The course runs from September to June on Thursdays (11am to 4pm British time) via Zoom.

"A wonderfully life-giving 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)

"The course enabled me to understand better the principles and inspiration of the Spiritual Exercises, enlightening the journey I had with the 19th Annotation. I was greatly helped by the knowledge and support of the team and the other participants, and the group work enabled honest sharing and learning in a safe and prayerful environment."

Victor Bailey (2020)

Resources

Course participants will be able to use the Heythrop Library at the London Jesuit Centre during the year.



Entry Requirements

Participants will:

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

Entry to the course is subject to completion of the application form and two letters of recommendation, one of which should be from the applicant's supervisor. An interview can be arranged if needed.