

ONLINE SPIRITUAL FORMATION PROGRAM

FOR ALL PERSONS ON A SPIRITUAL PATH

THE PROGRAM

- Explores and deepens your experience of God, Self, Others
 - Cultivates the desire for contemplative living and prayer
- Provides a safe, confidential space to share your spiritual journey

COURSE WORK AND REQUIREMENTS

- Participate in monthly group process
- Meeting biweekly with assigned facilitator
 - Completes monthly Learning Module
 - Meets with Spiritual Director monthly

YEAR 1 (September to June)

The first year's curriculum invites the student to examine the experience of their lives through a variety of methods; study of various prayer practices and disciplines; holistic spirituality; cultivating a heart of compassion.

YEAR 2 (September to May)

The second year provides further education and practicum skills for spiritual direction and related ministries and/or life work. Supervision and mutual discernment are integral parts of year two

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