



HEARTPATHS SPIRITUALITY CENTRE

offering

CERTIFICATE PROGRAMS IN SPIRITUAL FORMATION GROUP LEADERSHIP AND SPIRITUAL DIRECTION

PROGRAM OVERVIEW

HeartPaths has been training Spiritual Directors in Oklahoma since 1982. Each HeartPaths cohort is open participants who sense a gift and call to spiritual formation or spiritual direction, who desire to deepen their spirituality and awareness. Participants include both laity and clergy who wish to learn in an ecumenical environment rooted in the Christian story and its ancient spiritual practices. Participants must be willing to honor all human experience as having a place in God's revelation and be interested in a contemplative, life-affirming approach to spirituality.

HeartPaths is a three year program of ongoing discernment. The first year deepens personal spiritual formation and group facilitating skills and leads to a Certificate in Spiritual Formation Group Leadership. For those who discern a call to continue, the second year consists of The New Spiritual Exercises, based on the exercises of St. Ignatius of Loyola, but transposed through the theological lens of Pierre Teilhard de Chardin. The third year is a Practicum in Spiritual Direction. Participants learning is focused on their practice with directees, peer supervision, and the exploration of core competencies related to spiritual direction including ethics, modalities, discernment, trauma, and more. Completion of all three years leads to a Certificate in Spiritual Direction.

APPLICATION

New cohorts begin each September and applications are open through August 1 but class size is limited so apply now! To apply visit: heartpaths.org/program-application

IGNATIUS TRANSPOSED

The New Spiritual Exercises, is a nine month prayer journey through the life of Christ based on the Spiritual Exercises of St. Ignatius of Loyola but transposed through the lens of Pierre Teilhard de Chardin.

Our retreat is based on Louis M. Savary's groundbreaking book The New Spiritual Exercises: In the Spirit of Pierre Teilard de Chardin. Themes relating directly to the ministry of spiritual direction include spiritual freedom, finding God in everything, the spiritual states of consolation and desolation, and joining God's "Christ Project." Which encompasses the entire evolving universe, and aims is to bring creation along with all of us back to God, fully conscious of our divine origin and divine destiny.

To love God requires loving the world as well. Our challenge in spirituality is to realize how totally integrated we humans are with all creation and how best to work towards creation's divinely desired evolutionary fulfillment.

CONTACT

YEAR ONE/ADMISSIONS

Rt. Rev. +Aidan (Wilson)

Director

aidan@heartpaths.org

YEAR ONE

SPIRITUAL FORMATION

(CONTEMPLATIVE PRAYER AND MEDITATION)

- Weekly group sessions on zoom
- Two in-person retreats
- Individual spiritual direction (one hour a month)
- Reading and group discussion
- A closing project - designing a spiritual retreat
- Tuition: sliding scale from \$800-\$1200 - plus books

YEAR TWO

THE NEW SPIRITUAL EXERCISES

"IGNATIUS TRANSPOSED"

- Bi-weekly group meetings on zoom
- Two in-person retreats
- Home prayer exercises six days per-week
- Individual spiritual direction (one hour a month)
- Tuition: sliding scale from \$800-\$1200 - plus books

YEAR THREE

PRACTICUM IN SPIRITUAL DIRECTION

- Weekly group sessions on zoom
- Three in-person retreats
- Individual spiritual direction (one hour a month)
- Supervision of work with directees
- Practicum project
- Tuition: sliding scale from \$1200-\$1800 - plus books

