



CERTIFICATE PROGRAMS SPIRITUAL FORMATION GROUP LEADERSHIP & SPIRITUAL DIRECTION

PROGRAM OVERVIEW

HeartPaths has been training Spiritual Directors since 1982. Each cohort welcomes participants who sense a gift or call to spiritual formation or spiritual direction and who desire to deepen their spirituality and awareness. Participants include both laity and clergy seeking to learn in an ecumenical environment rooted in the Christian story and its ancient practices. We ask participants to honor all human experience as bearing God's presence and to embrace a contemplative, life-affirming approach to spirituality.

HeartPaths is a three-year program of ongoing discernment. Year One focuses on deepening personal spiritual formation and group facilitation skills, leading to a Certificate in Spiritual Formation Group Leadership. Year Two engages *The New Spiritual Exercises* by Louis Savary, which reframes the Ignatian Exercises through Pierre Teilhard de Chardin's vision of the integration of science and faith. Year Three is a Practicum in Spiritual Direction, where participants practice with directees, engage in peer supervision, and explore core competencies such as discernment, ethics, trauma, and diverse modalities. Completion of all three years leads to a Certificate in Spiritual Direction.

Drawing on four decades of resources and enriched by the Celtic Christian tradition, Eastern Orthodox practices, action-and-contemplation spirituality, and an awareness of creation care, HeartPaths offers a unique and holistic approach to spiritual formation and direction.

APPLICATION

Cohorts begin each September, with applications reviewed from May through July. The deadline for the upcoming cohort is August 1. Applications are considered in the order received, and space is limited, so early submission is encouraged. To apply visit: heartpaths.org/program-application

IGNATIUS TRANSPOSED

The New Spiritual Exercises is a nine-month prayer journey through the life of Christ, rooted in the Spiritual Exercises of St. Ignatius of Loyola and reframed through the vision of Pierre Teilhard de Chardin. Based on Louis M. Savary's groundbreaking book, it explores themes central to spiritual direction such as spiritual freedom, finding God in all things, consolation and desolation, and joining God's "Christ Project"—the ongoing work of drawing all creation back to God, fully aware of our divine origin and destiny.

To love God is also to love the world. This journey invites us to recognize our deep integration with creation and to participate in its divinely intended fulfillment.

PRACTICUM

Year Three is the most intensive stage, where participants refine their skills through direct practice with directees, peer supervision, and exploration of core competencies in spiritual direction, including ethics, discernment, and trauma-informed care. Participants meet monthly with a HeartPaths leader, engage with key texts and articles, and learn from guest lecturers on topics such as Internal Family Systems, feminist and interfaith spiritual direction, and spiritual care for diverse communities. Completion of Year Three leads to a Certificate in Spiritual Direction.

CONTACT

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YEAR ONE

SPIRITUAL FORMATION

- Weekly group meetings via Zoom
- Weekly contemplative prayer and meditation practices
- Deep sharing and reflection on personal experiences with the practices
- Two in-person retreats at St. Francis of the Woods
- Individual spiritual direction
- Reading and group discussion
- Closing project: designing a retreat
- **Tuition:** sliding scale \$900-\$1500, plus books

YEAR TWO

"IGNATIUS TRANSPOSED"

- Weekly group meetings via Zoom
- Two in-person retreats at St. Francis of the Woods
- Daily at home prayer exercises
- Sharing and reflection on the exercises
- Individual spiritual direction
- **Tuition:** sliding scale \$900-\$1500, plus books

YEAR THREE

PRACTICUM IN SPIRITUAL DIRECTION

- Weekly group meetings via Zoom
- Four in-person retreats at St. Francis of the Woods
- Individual spiritual direction
- Participants offer spiritual direction
- Final practicum project
- Focus on refining advanced skills, peer supervision, and working with diverse modalities
- **Tuition:** sliding scale from \$1500-\$2000 - plus books

