



Is this for you?

This process opens the door to transformative experiences of life, creates space to encounter God, and supports the contemplation and honouring of the presence of the sacred in everyday life.

We are seeking applicants who:

- Express a call to the ministry of soul companionship
- Demonstrate a capacity to listen
- Show an openness to learning from their own and others lived experience
- Have enough life experience to enable them to respond with wisdom to people of diverse backgrounds and experiences
- Evidence a mature spirituality and openness to other worldviews
- Have a commitment to prayer and reflection and engage in Spiritual direction themselves
- Are willing to discern the charism for this ministry

The formation of Spiritual Directors/ Companions has been the ministry of the House of Prayer for over 30 years.

The formation process is faithful to the Formation Guidelines for Spiritual Directors in Australia (revised 2016). <http://spiritualdirection.org.au/resources/formation-guidelines/>

A Certificate of Recognition from The Australian Ecumenical Council for Spiritual Direction was granted to the House of Prayer in 2009.



Be Still and Know that I am God

'I am happy to recommend this program to all who feel called to explore contemplative spiritual formation as a means of deepening their relationship with Christ, participating in Christian Community and engaging in mission through this listening ministry.'

*Bishop Tim Harris
Catholic Diocese of Townsville*

For further information or to express interest **please contact** the Coordinator of Spiritual Direction at the House of Prayer & Spirituality

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or visit our website
www.houseofprayertownsville.org.au

*Photos Anderson Park by Joanne Morris

Tending the Holy

The Art of Contemplative Listening



**A Two Year Part Time Course
in preparation for
The Ministry of
Contemplative Spiritual Direction**

Personal formation and Ministry streams



The House of Prayer and Spirituality
A mission of the Catholic Diocese of Townsville

Be Still and Know that I am God

The Ministry of Spiritual Direction

Spiritual Direction/Companioning is a gift and call of God. It is uniquely concerned with facilitating a person's growth in relationship with the mystery of God, and living out the grace of this in right relationship with self, others and all of creation.

This ministry has a long and respected history in the Christian tradition and is a means through which Christ continues to minister through God's Holy Spirit.

It has been practiced by lay, religious and ordained ministers and is a sacred entrustment calling for the highest standards of formation, practice and accountability.



This Course

Offers participants the opportunity, within a contemplative learning community, to depth their own spiritual life, discern their call to this sacred ministry and develop skills and knowledge in preparation for practice.

It draws on the wisdom of the Catholic Christian tradition as well as the lived experience of participants. Participants of all faiths and traditions are welcome.

Course Structure

This two year part-time process comprises 200 hours of outcomes-based contemplative learning across 4 intensives each year.

A 50 hour practical component involving group and individual supervision is required for those who discern a call. A continuing personal formation stream is also offered.

The learning community gathers on the Thursday evening and then 9-4 each day from Friday to Monday.

Proposed (Year One) 2018 dates:

12/13-16 April

21/22-25 June

27/28 Sept—1 Oct

One flexible unit (individually negotiated)

Some live-in accommodation is available.

Numbers are limited.

Cost

\$250 per intensive

We keep costs to a minimum.

Program Team

The **program directors** are
Marg Trevethan and Connie Cairns

The **formation team** includes directors of the House of Prayer SD Community as well as qualified visiting presenters.

It will include lay, religious and clergy from the Christian traditions.

Elements of the course

The Contemplative Attitude, a way to live.

Contemplative Prayer: the approach to prayer
different forms of prayer

Companioning: the place of gentleness,
compassion in the heart of the Companion

Scripture and Theological Reflection

Images of God

Centrality of the Religious Experience

Evaluating the Religious Experience

The "Empathetic" response

The Affective Response

Ignatius' Discernment of Spirits

Ignatius' Discernment of God's will

Touching the Mystery: art/music/poetry

Christian Mystics

Movement towards insight

Ethics

Supervision

Set text: "The Practice of Spiritual Direction"

Barry and Connolly



How to Apply

In the first instance expressions of interest are welcome (see over)

The formal **application procedure** requires:
A detailed written application which includes a reflection on your spiritual journey so far.

Two letters of recommendation

A discernment interview with two members of the formation team.

www.houseofprayertownsville.org.au