

## Course Description:

Spiritual directors will learn how to guide directees through the Spiritual Exercises of Ignatius of Loyola using the Retreat in Everyday Life (19th Annotation) format.

Classes will consist of didactic overview and individualized supervision of each student.

## Faculty:

**Barry Young, MA**, is a graduate of Chestnut Hill College in Holistic Spirituality and Spiritual Direction and the Shalem Institute. He is also a graduate of the Jesuit Center's training program for spiritual direction in the Ignatian Tradition. He has years of experience teaching the Spiritual Exercises, working as a spiritual director and as a graduate professor at Chestnut Hill College.

**Peg Cromer, MA, MNsc, RN**, also a graduate of Chestnut Hill, is a spiritual director and is experienced in giving the Spiritual Exercises. She is also an RN and adjunct nursing professor. Peg will assist in leading the class.

"If you are seeking after God,  
You may be sure of this:  
God is seeking you  
much more."

John of the Cross



**Kairos: School of Spiritual Formation**  
2160 Lincoln Highway East #13, Lancaster, PA 17602  
717.669.2957 [kairos@on-the-journey.org](mailto:kairos@on-the-journey.org)  
[www.on-the-journey.org](http://www.on-the-journey.org)

## Retreat in Everyday Life

according to "The Spiritual Exercises"  
of Ignatius of Loyola



**Kairos: School of Spiritual Formation**

offers training in  
"The Exercises of Ignatius of Loyola"  
for Spiritual Directors

2008-2009

## Class Schedule:

Orientation: August 22, 2008

(9:00 am to 5:00 pm)

September 5, 2008

September 19, 2008

October 3, 2008

October 24, 2008

November 14, 2008

December 12, 2008

January 9, 2009

February 6, 2009

March 6, 2009

April 3, 2009

May 1, 2009

May 29, 2009

All classes will be held at  
The Jesuit Center for Spiritual Growth  
located in Wernersville, PA.  
Excluding orientation, all classes will meet from  
9:30 am to 12:30pm.

## Prerequisites:

- Basic knowledge of Scripture & theology.
- Demonstration of an understanding and practice of the spiritual life.
- Training in spiritual direction with practice for 2-3 years overseeing three or more directees.
- Written recommendation from spiritual direction supervisor or peer supervisor.
- Full completion of the Ignatian Spiritual Exercises with written recommendation from the director giving the Exercises.
- Interview with instructors and Kairos faculty member.
- Evidence of holistic maturity, inclusive of spiritual maturity and life experience.
- One directee ready to take the Spiritual Exercises.

## For more information:

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## Expectations:

- Participation and attendance.
- Preparation for class, including written work (deadlines, quality, format, writing guides) is required for course completion.
- Direction of one person through The Spiritual Exercises, requiring a weekly meeting with that directee after the course begins.
- Openness to the Spirit along with the ability to recognize, respond to, and articulate religious experience and spiritual movement.

## Cost:

Cost for this year-long program is  
\$1050.00.

Please Note:  
Kairos Spiritual Direction Alumni  
will receive a discount at \$850.00