

Credit in some courses offered by the  
United College for Theological Studies,  
University of Winnipeg.



**Mary Coswin, OSB, MA**  
Co-Director



**Kalyn Falk, MA**  
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Brochure and/or Application Packet  
available upon request from  
Tanis at 204-339-1705 or by email  
[stbenscentre@mts.net](mailto:stbenscentre@mts.net)

St. Benedict's presents

# Shekinah



*Three chairs symbolize the presence of Spirit  
in the spiritual direction meeting.*

**Formation in the  
Ministry of Spiritual Direction  
2015-2017**

**225 Masters Avenue  
Winnipeg, MB R4A 2A1  
204-339-1705;  
[stbenscentre@mts.net](mailto:stbenscentre@mts.net); [www.stbens.ca](http://www.stbens.ca)**

## FOR WHOM

This 2-year formation process is designed to help mature women and men who are discerning a call to the ministry of spiritual direction and to offer them the formation and training to begin this ministry.

**Shekinah** \* welcomes applications from people of diverse faiths yet our program remains rooted in the Christian tradition.

\* *Shekinah* refers to the Feminine Divine Presence in our midst.

## GOALS OF THE PROGRAM/PROCESS

- ❖ To deepen participants' capacity for contemplative listening presence
- ❖ To engage the participants in the ongoing process of discernment
- ❖ To foster and deepen authentic spirituality
- ❖ To introduce participants to the theory and practice of Spiritual Direction
- ❖ To provide supervision as the participants practice and refine skills of spiritual direction
- ❖ To provide a prayerful, supportive learning community for the participants

## COMPONENTS OF THE PROGRAM

- ❖ Nurturing one's own inner life through various spiritual practices
- ❖ Seminar presentations on Prayer, The Experience of God, Human Development, Spiritual Direction and Issues in Spiritual Direction
- ❖ Practicum: the supervised experience of directing several persons
- ❖ Weekend Silent Directed Retreat
- ❖ Theological reflection papers on relevant topics

## QUALIFICATIONS

- ❖ Adults (aged 35 or older) with evidence of being seriously committed to an ongoing spiritual life, to ministry and to personal growth.
- ❖ Experience of receiving ongoing spiritual direction for at least one year prior to application to the program
- ❖ Some educational background in scripture contemporary theology, spirituality and psychology
- ❖ Time and willingness to complete all components of the program

## APPLICATION PROCESS

- ❖ Completion of Application Form
- ❖ Letters of Recommendation from two persons (including spiritual director)
- ❖ \$40.00 non-refundable processing fee payable to 'St. Benedict's Retreat & Conference Centre'
- ❖ Application Deadline: TBA, 2015

## ADMISSION

An interview with the applicant will be arranged and notice of acceptance given. Priority will be given to those applicants who have had ongoing spiritual direction, a silent retreat and who meet most of the outlined qualifications.



## PROGRAM FORMAT

**Shekinah** extends over a period of two years:  
Each September – May

- ❖ Two 4-Day Live-In Intensives:  
Mon. 4:00pm – Fri. 1:00pm
- ❖ Two Weekends-one of which is a Silent Directed Retreat  
Fri. 7:00 PM – Sun. 3:00 PM
- ❖ Twelve monthly **Live-In** Seminars,  
Fri. 7:00 pm – Sat. 4:00pm

## PROGRAM FEE

**\$4,400 for the 2-year Program** (cost may change)  
Fee includes tuition and materials; individual supervision and speaker fees, all meals, snacks & accommodations.  
One text book rental \$20.

Spiritual direction **is not** included; it is the responsibility of the individual.

Four equal payments of \$1100 are due each year on September 1 and January 1

