

The Internship in Spiritual Companionship at Manresa is an intensive two-year training program designed for those interested in becoming a spiritual companion. Rooted in the spirituality of St. Ignatius, spiritual companions work with individuals to help them listen contemplatively to God's movement in their lives and to deepen their relationship with God.

Upon completion of the program, spiritual companions are skilled to participate in spiritual conversations that take place in hospices, jails, nursing homes, hospitals, workplaces or individual settings and can lead parish fellowship groups or days of reflection. Graduates may also discover a calling to the ministry of Spiritual Direction, developing long-term relationships with individuals.

The program is open to all people – religious and lay – of all denominations. Interns come from different backgrounds and life experiences.

The curriculum includes developing listening and spiritual conversation skills, the dynamics of the spiritual journey, forms of prayer and ethical practices. Presenters are members of the Manresa staff and professionals in their respective disciplines. Interns also engage in one-on-one spiritual conversations under the guidance of supervisors.

Ignatian Spirituality

Manresa's Internship in Spiritual Companionship is founded on the spirituality of St. Ignatius of Loyola, founder of the Jesuit order. A former courtier and soldier, St. Ignatius gave himself to Christ during recuperation from a war wound. His book, *The Spiritual Exercises*, epitomizes his spirituality and serves as the basis for the work of spiritual companions and directors.

Central to Ignatius' spirituality is the belief that God speaks to us through the events experienced in our everyday lives. Other characteristics of his spirituality include:

Relating to people as individuals

God calls each individual in a particular way, and so, rather than impose their own way on anyone, spiritual or retreat directors listen to what God may be saying in the experience of each person's life.

Motivated by a sense of service or mission

Ignatian spirituality encourages a relationship that produces commitment to a common cause.

Positive attitude toward all things

St. Ignatius affirmed that all things in creation are made by God and given as gifts of love for our good, a revelation of Himself that we might respond to God appropriately.

Need for constant discernment

Where is God present in the world today and where is God calling us? While God's gifts are for everyone, we must discern which are meant for us, at each moment and to what extent, and which are not.



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Jan. 2024

Manresa Jesuit Retreat House

Internship in Spiritual Companionship



A two-year training
program in the
Ignatian tradition



Internship Requirements



Interns in Spiritual Companionship are expected to meet the following requirements:

- Participate in monthly workshops largely via Zoom as outlined in the Internship Calendar
- Complete assigned readings (about 12 books) and monthly reflection papers
- Spend at least 60 hours in one-to-one listening settings
- Complete 12 sessions of supervision with at least six to eight verbatims
- Lead one group prayer/retreat experience, e.g., *lectio divina*, small group reflections
- Have a spiritual director, meeting monthly or so
- Make a five-day individually directed silent retreat and a retreat of choice during the Internship

Internship Cost

The cost for the two-year internship is \$2,500, not including books or retreats, payable by June 1 of Year One, unless other arrangements are made.

Curriculum

Interns meet monthly September through June via Zoom.

Year One

Summer/Fall

Orientation to Ignatian Spirituality
Listening Skills: Ignatian Contemplation
Listening Skills: Blind Spots
Jesus of the Exercises
Psychology and Spirituality
Autobiographies

Winter/Spring

Discernment Guidelines
Introduction to Supervision
Family Systems
12-Step Spirituality
Human Sexuality
Grief

Year Two

Fall

Reading Review
Listening Skills: Ethical Conduct
Mental Health and Companionship Stress
Other Spiritualities: Ways of Praying
Shame
Verbatims and Discernment Suffering

Winter/Spring

Reading Review
Ignatian Discipleship
Transitions
Discernment Review
Integration Seminar

Internship Co-Directors

Ann Dillon



Director of Ignatian Formation at Manresa, Ann is a trained spiritual director and guides retreatants through directed retreats and the Spiritual Exercises.

Fr. Steve Hurd, SJ



Fr. Steve is a Jesuit of the Midwest Province and is a member of the Manresa's ministry staff. In addition to leading retreats here at Manresa, he teaches Scripture classes and serves as a spiritual director.

Admission Process

Contact Ann Dillon at 248.644.4933 Ext. 107 or adillon@manresa-sj.org.



Each of us needs a soul friend, ... who will guide us in growing in the likeness of God ... marked more and more distinctly by faith, hope and love.

Mary C. Earle