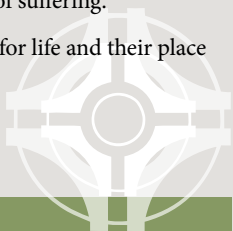


INNOVATIVE.  
FLEXIBLE.  
LIFE-CHANGING.

SDPP prepares people to serve in the role of a spiritual director, but many graduates express appreciation for the gifts of the program that extend far beyond a certificate:

- They were grateful for the opportunity to deeply examine their beliefs and explore where they were being led to grow.
- They discovered an invitation to connect with God in new and more personal ways.
- They experienced an awareness of the Spirit's presence in the beloved people of God.
- They treasured the strong and lasting relationships they developed with fellow members of their cohort.
- They found a supportive environment to examine the broken areas of their life leading to healing and more freedom.
- They were challenged to let go...again and again.
- They developed a greater capacity for remaining present to themselves and others in times of suffering.
- They nurtured a new appreciation for life and their place in the world.



It would be our joy to be in conversation with you.

Steve Spilde is the director of Spiritual Direction Preparation Program.

Contact him at 608-791-5297 or [sspilde@fspa.org](mailto:sspilde@fspa.org)

## ASK YOURSELF:

- *Do you long for deeper connections with your friends and loved ones?*
- *Are you ready for personal transformation?*
- *Do you seek a deeper connection with the Divine?*
- *Does your spirit yearn for something more?*

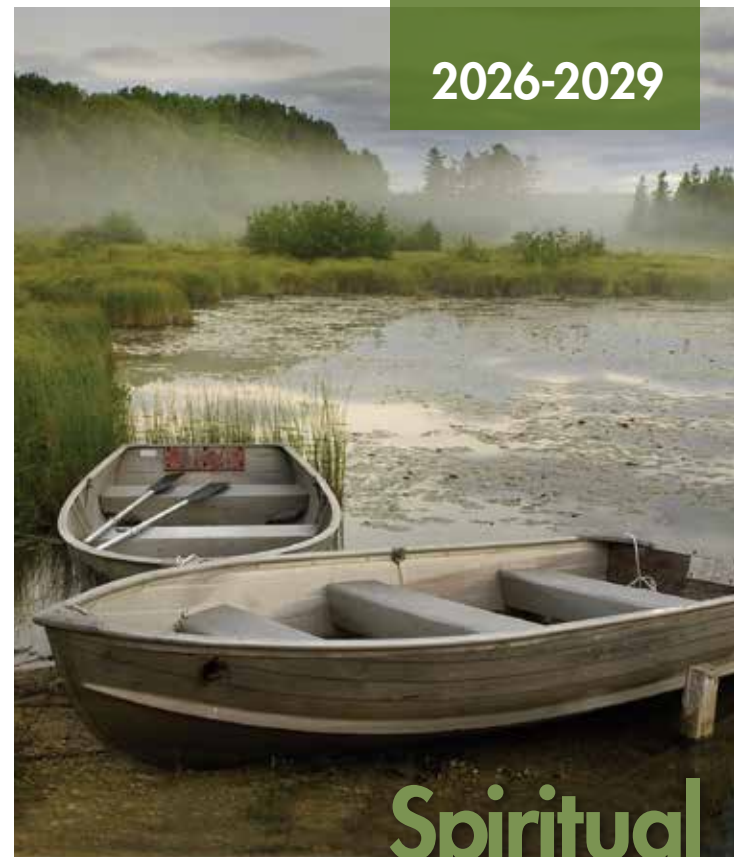
We've mentored more than 600 people since 1985.



The Franciscan Spirituality Center is located in the heart of scenic La Crosse, Wisconsin, sharing space with St. Rose Convent and next to Mayo Clinic Health System and Viterbo University. Guests may choose to stay in one of our 32 private bedrooms or three woodland hermitages. Other amenities include eight meeting rooms, a bookstore, a small library and accessible parking. The FSC is within walking distance of the Mississippi River, hiking trails and a vibrant downtown.



2026-2029



# Spiritual Direction Preparation Program



Franciscan  
Spirituality Center

Dedicated to anyone seeking God, meaning and wholeness.

Follow us on :   

The Franciscan Spirituality Center is a sponsored ministry of the Franciscan Sisters of Perpetual Adoration.

920 Market St. | La Crosse, WI 54601  
608-791-5295 | [FSCenter@fspa.org](mailto:FSCenter@fspa.org) | [www.FSCenter.org](http://www.FSCenter.org)

[www.FSCenter.org](http://www.FSCenter.org)

# SPIRITUAL DIRECTION PREPARATION PROGRAM



If you are interested in training to become a spiritual director or simply want to hone your deep listening skills, consider joining our program of spiritual formation. Founded in 1985, the Spiritual Direction Preparation Program provides a mix of workshops and real-life experiences to prepare individuals to share their redemptive listening skills in a variety of contexts within their communities. SDPP extends over 2-1/2 years, giving participants an opportunity to develop new capacities for deep listening.

## SDPP IS DESIGNED FOR:

- Those who are older than 30 and drawn to a deeper understanding of spiritual direction/redemptive listening.
- Those who have not had formal training in spiritual direction.
- Those who have at least one year of experience meeting with a trained spiritual director.

## SDPP PARTICIPANTS LEARN BY:

- Attending in-person and virtual workshops.
- Processing experiences with fellow participants.
- Practicing listening skills using monthly verbatims.
- Writing reflection papers on assigned books and articles.
- Receiving personalized support and guidance through regular meetings with their supervisor/mentor.

Participants process their growth through monthly meetings with their spiritual director and completing the individual retreat. Those who satisfactorily complete the program will receive a certificate of completion.

In order to provide personal flexibility while encouraging deep experiences of connection and community, SDPP includes a 4-day, in-person gathering every year. The remaining weekends will be virtual by Zoom. Students are welcome to participate in the virtual weekends from home or they may opt to stay at the Franciscan Spirituality Center.

## THE PROGRAM BEGINS IN SEPTEMBER 2026.

In-person workshops typically will begin at 1 p.m. Thursday and conclude by noon Sunday. Virtual weekends typically will begin at 6:30 p.m. Friday and conclude by 8 p.m. Saturday. The practicum is a six-day workshop that begins at noon Sunday and concludes by noon Saturday.



CEU's may be available. Check with the program director for more details.

Scan for more information.

## SDPP COHORT 19 SCHEDULE:

### YEAR 1

In-person in La Crosse: Thursday–Sunday  
September 10-13, 2026

Virtual weekends: Friday–Saturday  
November 6-7, 2026 | January 29-30 & April 2-3, 2027

### YEAR 2

In-person in La Crosse: Thursday–Sunday  
September 9-12, 2027

Virtual weekends: Friday–Saturday  
November 5-6, 2027  
January 28-29 & March 31-April 1, 2028

### YEAR 3

In-person practicum in La Crosse: Sunday–Saturday  
June 11-17, 2028

Virtual weekends: Friday–Saturday  
October 6-7, 2028 | February 2-3, 2029

In-person in La Crosse: Thursday–Sunday  
April 12-15, 2029

## NEW! TIERED PRICING FOR ANNUAL TUITION

Choose the amount that best fits your financial situation. Extra discount of \$150 if tuition is all paid at beginning of the year.

**TIER A: \$4,225** | Covers full program costs plus offsets facility expenses and support staff. This tier helps to support the long-range sustainability of the program and the FSC.

**TIER B: \$3,250** | Covers basic program expenses including meals, supervisor fees, presenter fees and a portion of staff time. This is the break-even point for the FSC to offer this program.

**TIER C: Modest subsidy \$2,850** | Thanks to funding from our generous donors, we can offer a subsidized tuition amount for those who need additional support.

**TIER D: Significant subsidy \$2,300** | We recognize that some participants have significant financial limitations. Thanks to funding from our generous donors, we can offer a significant tuition subsidy amount for those who would not be able to participate otherwise.

Fees include tuition for all in-person workshops, Zoom workshops, practicum in Year 3, quarterly meetings, annual review with supervisor and all administrative fees, meals and snacks. Fees are payable in installments.

Housing is available at the FSC for all of the workshops for an additional fee. Other expenses include the cost of books, fees for spiritual direction and the required six-day retreat.

## READY TO GET STARTED?

Call 608-791-5295 or email [FSCenter@fspa.org](mailto:FSCenter@fspa.org) to request an application. Applications will be accepted until June 1, 2026, or until the program fills.

Follow us on :