

2022-2025

Are you looking to hone your deep, compassionate, nonjudgmental listening skills? We invite you to consider our Spiritual Direction Preparation Program (SDPP).

Since 1985, we have trained more than 600 people in the practice of spiritual direction. This innovative training program provides a mix of workshops and real-life experiences to prepare individuals to share their compassionate listening skills as trained spiritual directors in their communities.

The Spiritual Direction Preparation Program extends over three years, giving participants an opportunity to integrate theory and practice. While SDPP prepares the participant to direct others regardless of their faith or religious affiliation, the Franciscan Spirituality Center teaches from the Judeo-Christian tradition. This program is designed to form and train candidates through practical workshops, verbatims, reflections, readings, quarterly meetings and one-on-one supervision.

Starting with this cohort, SDPP will integrate longer in-person gatherings with added virtual workshops.

This will preserve the high-quality group interaction we treasure, yet reduce the travel time for those who come from a distance to participate in this long-respected program. This format also allows us to include much more content and provides additional opportunities for group processing of the material. There will be an in-person retreat option for the virtual weekends with an opportunity to stay at the Franciscan Spirituality Center and interact with fellow participants.

HERE'S WHAT PAST PARTICIPANTS HAD TO SAY ...

"I don't think that I have ever been averse to doing deep inner work, but this program put me on a fast track to exploring the inner life. It has helped me be a better listener in the whole of life."

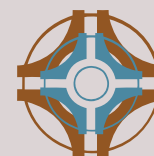
"SDPP has made me a better husband, a better father, a better neighbor and friend. I always thought I was good at listening to others, but I am so much better now. I also am better able to listen for God's voice in my life. This program has been a blessing."

"What a gift this program has been! I chose it for the one-on-one supervision, retreat practicum experience and wide breadth of topics. It has exceeded my expectations in every way and has been life-changing. I am much more mindful now of my own values and decisions, and I am more grateful for all of the love in my life. Thank you."

Spiritual Direction Preparation Program




AN INNOVATIVE, THREE-YEAR TRAINING PROGRAM

Application deadline: June 1, 2022



**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 | www.FSCenter.org

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SPIRITUAL DIRECTION PREPARATION PROGRAM

SCHEDULE FOR SDPP COHORT 17:

YEAR 1

Gathering: Thursday–Sunday
September 8-11, 2022

Weekends: Friday–Sunday
November 4-6, 2022
February 10-12, 2023
April 14-16, 2023

YEAR 2

Gathering: Thursday–Sunday
September 7-10, 2023

Weekends: Friday–Saturday
November 3-4, 2023
January 12-13, 2024
April 5-6, 2024

YEAR 3

Practicum: Sunday–Saturday
July 28-August 3, 2024

Weekends: Friday–Sunday
October 4-6, 2024
March 7-9, 2025

Final Gathering: Thursday–Sunday
July 24-27, 2025

- In-person at FSC in La Crosse
- Virtual weekend by Zoom



GENERAL INFORMATION

In-person workshops typically will begin at 1 p.m. Thursday and conclude by noon Sunday. Virtual weekends typically will begin at 7 p.m. Friday and conclude by Saturday afternoon or Sunday morning. The practicum is a six-day workshop that begins at noon Sunday and concludes by noon Saturday.

The program will begin in September 2022.

Participants will make an individual, six-day directed retreat by July 1, 2024. Participants who satisfactorily complete the three-year program will receive a certificate of completion.

Quarterly Meetings with Supervisor

Quarterly meetings are separate from the workshops and last about two hours. During the meeting, participants review the required readings and verbatims with their supervisor.

Annual Review

To integrate the lessons and experiences, there is a 90-minute annual review at the end of each program year.

Quarterly supervisor meetings and annual review can be done in-person or by Zoom.

ABOUT THE PROGRAM

SDPP is designed for those who:

- Are older than 30 and drawn to a deeper understanding of spiritual direction.
- Are preparing for a ministry of spiritual or retreat direction and/or the practice of redemptive listening.
- Would like to deepen their spiritual and personal development.
- Have at least one year of experience receiving regular spiritual direction.

SDPP participants learn by:

- Attending required in-person and virtual workshops.
- Processing experiences with fellow participants.
- Practicing direction skills using monthly verbatims.
- Meeting quarterly with a supervisor who is an experienced spiritual director.
- Writing reflection papers on required books and articles.
- Participating in annual reviews.
- Developing strong community with a cohort of between 25-35 participants.

PROGRAM LEADERSHIP

Steve Spilde is the director of SDPP. He can be reached at 608-791-5297 or sspilde@fspa.org.

PROGRAM FEES

\$2,950 per year

\$150 discount if the tuition is paid in full by September 1 of each year

PROGRAM APPLICATION

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. Please contact Steve Spilde, program director, about individual plans. Limited scholarships are available.

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

Those seeking admission to the Spiritual Direction Preparation Program are asked to call 608-791-5295 or email FSCenter@fspa.org for an application. Applications will be accepted until June 1, 2022, or until the program fills.

