

PROGRAM DESCRIPTION

We encourage all applicants to St. Peter upon the Water to carefully consider the information below, outlining the time commitments and responsibilities for those participating in the Spiritual Director Formation Program. An honest and thoughtful discernment weighing all current responsibilities of work, ministry, and family life along with that which is expected of the participant is strongly encouraged prior to completing the application. This careful discernment will ensure that the applicant, if chosen to enter formation, will be free to meet the demands of formation while maintaining a healthy life balance.

- **Personal Spiritual Direction** – All participants are expected to participate in their own spiritual direction monthly throughout the duration of the three-year formation. Those applying to the program must be meeting with a spiritual director monthly upon application to the St. Peter upon the Water Spiritual Director Formation Program. If you are looking for a spiritual director, you may call the Center at 830-367-5959. ***(Some rare exceptions to this requirement may be granted when pastoral needs arise. If you have questions, please call Cecilia von Bertrab, Co-Director of Formation, at 210-260-7376.)***

Formation Details:

- The St. Peter upon the Water formation program is a three-year commitment.
- Onsite participation is required the second weekend of each month, excluding July and August.
 - o Friday—5:30 p.m. - 9:00 p.m. (dinner offered)
 - o Saturday—7:30 a.m. - 5:00 p.m. (breakfast and lunch offered, concluding with the Sunday Vigil Mass)Participants traveling from a distance have the option of either staying in a local hotel of their choice, or requesting housing provided by a local family.
- In December and June of each year, participants are expected to take part in two silent retreats. For retreat weekends, check in will be at 4:00 p.m. Friday, and the retreat will run through Sunday noon. (retreat costs are included in the cost of the program)

Weekend Content and Other Time Commitments:

- On a usual weekend, participants will experience prayer—praying with different prayer forms, liturgy, reflection exercises, and small group discussions, along with lectures and interactive learning experiences focused on the biblical, theological and spiritual perspectives of each month's topic.

- Saturday afternoon will be spent in the practicum component of the formation. Participants will practice the skills needed for spiritual direction in small groups led by team members.
- Participants will complete monthly assignments based on the weekend documents and outside readings.
- Summer reading (2-3 books) along with reflection papers on each book is required.
- Mentoring - Each participant will be assigned a team member who will serve as a mentor as well as a liaison with the formation team. Mentors will continually help participants discern their call to spiritual direction throughout the three-year cycle.