

The Directors

Most Rev. Michael J. Boulette, director / founder of St. Peter upon the Water; Auxiliary Bishop of the Archdiocese of San Antonio; leader of retreats and parish missions; spiritual director and supervisor; BA and MA in Psychology; MTh in Theology; DMin in Preaching and Worship.

Cecilia von Bertrab, co-director; prayer and meditation teacher; retreat leader; spiritual director and supervisor; MA in Education; MA in Spirituality.

Dorothy Cass, co-director/registrar at St. Peter Upon the Water; spiritual director; BA in Music Education; Kodaly Certification in Music; MA in Religious Studies; musician.

For more information about our **Formation Team**, please go to our website: www.stpeteruponthewater.org
Click on the **ABOUT** tab, then [Spiritual Formation Team](#).

Most Rev. Michael J. Boulette
Bonnie Caruso
Dorothy Cass
Autumn Domingue
David Domingue
Brenda Maiman
Kathy Ornes
Cecilia von Bertrab

The Cost

The cost of the program is \$2500 per formation year. An application fee of \$50 is non-refundable. (Scholarships and extended payment plans are available, as well as possible help from the Archbishop's Appeal.) Weekend meals are included.

For More Information or To Request an Application:

Complete the following:

Name _____

Address _____

City, ZIP code _____

Phone: Home: (____) _____

Work: (____) _____

Cell: (____) _____

Email: _____

Send To:

St. Peter upon the Water
Formation Program for Spiritual Directors
P.O. Box 509
Ingram, TX 78025-0509

Or E-mail: dorothy@stpeteruponthewater.org
or
secretary@stpeteruponthewater.org

Or Call:

Bishop Mike Boulette	Director	830.367.5959
Cecilia von Bertrab	Co-director	210.492.0407
Dorothy Cass	Co-director	830.377.5478
Mary Barbara Gold	Secretary	830.367.5959



*"If it be you, Lord, bid me come."
Matthew 14:28*

*St. Peter upon the Water: A Center
for Spiritual Direction and Formation*

**Formation Program
For Spiritual Directors**

The Call

Followers of Christ continually ask Peter's implied discernment question before leaving the boat to meet Jesus on the water – "If it be you, Lord . . ." (Matthew 14:28) Disciples of Jesus have always sought to discern the Word in prayer, Scripture, and Tradition, and from the Church's early days seekers have looked to others to be spiritual guides.

Pope Benedict XVI declared, "As she has always done, today the Church continues to recommend the practice of spiritual direction ... to every Christian who wishes to live responsibly his or her Baptism.... [Everyone] needs to be accompanied personally by a guide reliable in doctrine and expert in the things of God." Pope Francis writes: "Today more than ever we need men and women who [practice] 'the art of accompaniment' ... [and can] make present the fragrance of Christ's closeness and his personal gaze."

In response to growing numbers of people desiring such spiritual guidance, the Church recognizes the urgent need to provide for the formation and supervision of spiritual directors, whom the Catechism names as "servants of prayer." [CCC 2690] St. Peter upon the Water seeks to meet that need through its formation program for spiritual directors.

The Person of the Spiritual Director

The goal of this program is to *form* Christian spiritual directors. Spiritual guides are first of all disciples, called to deepen their own spiritual maturity before becoming directors for others. Aware that *the* spiritual director is the Holy Spirit of God in Christ, those involved in the ministry of spiritual direction must have considerable experience in the interior life and a reasonable depth of knowledge of prayer, of Sacred Scripture, and of the Tradition as expressed in the Church's Magisterium. Persons called to be spiritual directors do not provide "pastoral counseling" but guidance in spiritual formation and in living the spirituality of the Gospels. Therefore, in addition to spiritual maturity they must develop the kind of presence and interpersonal skills that will invite others to a deeper understanding of the experience of God, the movements of the interior life, and human growth in relationship to God, self, and others.

The Formation Program and Discernment

St. Peter upon the Water is a center for contemplative and prayerful spiritual direction and formation. As a ministry of the Archdiocese of San Antonio it is deeply rooted in the Roman Catholic tradition. Its Formation Program is a three-year discernment process of forming and affirming women and men contemplating the call to become spiritual directors. Throughout the three years of this program the Formation Team will help participants explore God's gift and call to accompany others as spiritual directors, servants of prayer. This discernment is on-going, involving both the participant seeking formation and the Formation Team, as together they listen for and respond to God's leading.

The Content

The content of the Formation Program centers around the three gifts given to spiritual directors as named in the Catechism of the Catholic Church: "The Holy Spirit gives to certain of the faithful the gifts of wisdom, faith and discernment for the sake of this common good which is prayer (*spiritual direction*)." [CCC 2690]

First Year *The call to deeper FAITH* September– June

The focus in Year 1 is on the deepening of the participant's personal faith journey so that each becomes well grounded in foundational Christian spiritual theology as set forth in the teaching of the Apostles Creed.

Second Year *The call to increasing WISDOM* September – June

The focus in Year 2 is on the increase of wisdom in spiritual guidance so that the participant can talk easily about God and faith, as he or she grows in understanding Christian spiritual theology and prayer traditions. Each participant will develop as a contemplative and compassionate person, able to listen to others, helping them understand their life stories in the context of the Word of God and Sacred Tradition.

Third Year *The call to on-going DISCERNMENT* September – June

The focus in Year 3 is on growth in understanding a foundational Christian theology of discernment so the participant can listen to others' stories in the light of salvation history. The maturing spiritual director will become better able to guide directees in clarifying the source of their desires, discerning whether or not they are being led by the Holy Spirit as they live out the consequences of their intimate walk with Christ.

The Schedule

The three-year Formation Program will consist of ten sessions every year. The sessions, to be held at St. Peter upon the Water in Ingram, Texas, are scheduled for the second Friday evening and all day on the following Saturday of the months of September through June. Sessions in December and June will be weekend retreats lasting from Friday evening to Sunday noon.

Prerequisites

Each applicant

1. *Must be able to make the commitment to attend all ten sessions each year;*
2. *Must be an active participant in a parish or religious community;*
3. *Must be in or be willing to be in monthly one-to-one spiritual direction;*
4. *Must be open to the ongoing discernment of the call to be a spiritual director.*