



## The Arrupe Program for forming Givers of the *Spiritual Exercises*

Named after Pedro Arrupe, Father General of the Society of Jesus from 1965 to 1983, this program aims to help participants become givers of the Spiritual Exercises of Saint Ignatius of Loyola. On completing the 6 required units plus one elective, students will be thoroughly familiar with the spirituality and the practice of giving the Spiritual Exercises. On completing APU303, the supervised giving of the *Spiritual Exercises*, participants will be competent to direct the *Spiritual Exercises* as a full 30-day experience or according to Annotation 19 — commonly known as the Retreat in Daily Life.

Since retreat direction, as an art rather than a science and is learned by doing, a significant proportion of the hours during the Arrupe Program will be devoted to the practice of giving the Exercises under supervision in triad group.

The Arrupe Program is comprised of various units from which a formation path will be discerned for each student. Students will have made the *Spiritual Exercises* as an individually directed retreat under either the 19<sup>th</sup> or 20<sup>th</sup> Annotation and have some background in Theological and Biblical study.

### Course Outline and Unit Descriptions

Mode of Instruction	Arrupe No.	Unit	MCD No.	Contact Hours	Superv'n Hours	Unit 1 Cost MCD	Unit 2 Cost Arrupe
<b>CORE UNITS</b> (all 4 units required)	APU101	Exploring my experience of the Spiritual Exercises	PDS415.15	25	7.5	\$1188	\$680
	APU201	Spiritual Exercises - Theory <sup>3</sup>	PDS405.15	40	15	\$1188	\$1188
	APU202	Spiritual Exercises - Practice	PDS406.15	40	15	\$1188	\$1188
	APU203	Psychodynamics of the Spiritual Director	(can be done as reading unit)	30	0	\$1188	\$680
<b>INTERNSHIP</b> (all 3 units required to qualify as a spiritual director)	APU301	Supervised Practicum I: Ignatian Spirituality Seminar	DS300.15	25	15	Nil	Nil
	APU302	Supervised Practicum II: Ignatian Discernment and Decision-making	DS301.15	25	15	Nil	Nil
	APU401	Supervised Practicum III: Supervised Retreat Direction	PDS410.15	0	30	Nil	Nil
<b>Electives</b> (1 unit required)	APU102	The Weeks of the Spiritual Exercises	PDS415.15	25	7.5	\$1188	\$680
	APU103	Key Meditations and Rules in the Spiritual Exercises	PDS425.15	25	7.5	\$1188	\$680
	APU104	Understanding the Spiritual Exercises	-	25	7.5	\$1188	\$680
	APU105	Group Leadership, Organisation and Spirituality	DS302.15	27.5	7.5	\$1188	\$680
	APU106	Identity Integration Group	PGS3109.15	??	??	\$1188	\$680

<sup>1</sup> This charge is dictated by Melbourne College of Divinity for students undertaking the course for academic credit.

<sup>2</sup> This is the fee for those students enrolled in the Arrupe Program only and not for academic credit.

<sup>3</sup> Those students doing the *Graduate Diploma in Spiritual Direction* who wish to complete the Master of Arts (Spiritual Direction) with a 25,000-word research project, would do **Spiritual Exercises: Theory and Practice** (407.30) with a 12,000 word assignment.

## CORE UNITS

<b>APU101:      <i>Exploring The Spiritual Exercises I – My Experience of the Spiritual Exercises.</i> <i>(Understanding the Spiritual Exercises)</i></b>
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"In this five-day seminar, students will explore deeply their own experience of making the *Spiritual Exercises*. This program is a prerequisite for those commencing the Arrupe Program in 2010. During this seminar students will deepen their understanding of their call to service. With assistance from Staff, students will discern a continuing program of formation which will support this call. This continuing program of formation may, but does not necessarily, include enrolment in the Arrupe Program.

Five Day Intensive - Monday 1 - Friday 5 March 2010 (Campion, VIC)

Monthly Program – Saturdays 20 March, 20 April, 22 May, 19 June, 17 July, 28 August, 20 September, 23 October 2010 (Campion, VIC)

- Monday to Friday, 9 am to 5 pm
- The teaching method includes some input, reflection and group sharing.
- *Prerequisite:* Students will have made the *Spiritual Exercises* as an individually directed retreat under either the 19<sup>th</sup> or 20<sup>th</sup> Annotation.

<b>APU201:      <i>The Spiritual Exercises Theory and Practice I - The Dynamic of the Spiritual Exercises</i></b>
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This first year course of the Arrupe Program is a reflection on the dynamic of the *Spiritual Exercises*.

Two residential weeks, 8 - 12 March 2010 and 11 – 15 October 2010 (Campion VIC) Students are required to attend both weeks. Monthly group supervision – 10am – 12.30pm; 31 March, 28 April, 26 May, 30 June, 21 July, 25 August, 29 September 2010 at your local CIS.

- The teaching method includes input, reflection, triads and a colloquy.
- Participants are required to be in on-going personal spiritual direction
- As a way of approaching the content and the dynamic of the *Spiritual Exercises*, each student will be required to write 6 reflection papers of 500 words each on the dynamic of the *Spiritual Exercises*.
- *Prerequisites:* Students will have successfully APU101.

<b>APU202      <i>The Spiritual Exercises Theory and Practice II - The Practice of Giving the Spiritual Exercises.</i></b>
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This second year course of the Arrupe Program is based the practice of spiritual direction in the context of the *Spiritual Exercises*. The focus of this seminar will be on looking at religious experience through the lens and framework of the *Spiritual Exercises*.

Two residential weeks, 1 – 5 March 2010 and 13 – 17 October 2010 (Campion VIC) Students are required to attend both weeks. The teaching method includes input, reflection, triads and a colloquy. Attend monthly individual supervision with your supervisor.

- Participants are required to be in on-going personal spiritual direction
- As a way of approaching the content, dynamic and practice of giving the *Spiritual Exercises*, each student is required to write his or her own *Directory of the Spiritual Exercises*.

- *Prerequisites:* Students will have successfully APU101 and APU201

<b>APU203:      The Psychodynamics of the Spiritual Director</b>
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The focus of this seminar is on the process of self-awareness, self-exploration and self-understanding. The participants are given a theoretical framework which will give them greater understanding of their own psychodynamics, and will enlighten their experience.

- 2 hour interactive sessions one day per week for 15 weeks Dates to be confirmed – 9.30 am – 12.30 pm This may also be offered in two one week intensives in 2010 (to be confirmed)

*Prerequisites:* Students will have completed APU201 of the Arrupe Program.

## INTERNSHIP

*Students will be invited by the course coordinator to participate as interns within the Centres of Ignatian Spirituality upon recommendation of by their Supervisor*

<b>APU301:      Supervised Practicum I: Ignatian Spirituality Seminar</b>
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This seminar is run over two weekends with a seven-week retreat bridging these weekends in semester one. The seminar aims to help participants deepen their understanding of Ignatian Spirituality as described by Saint Ignatius of Loyola in his book of the Spiritual Exercises. Students will be supervised in the experience of leading small groups and as directors of a seven-week retreat in daily life.

- Fri 12 - Sun 14 Mar and Fri 30 April - Sun 2 May 2010 (Campion, VIC)
- Students will attend both weekends and lead small group work under supervision.
- Students will guide a seven-week retreat in daily life between the weekends during which they will see two directees weekly.
- Students will attend weekly group supervision sessions.
- *Prerequisites:* Students will be enrolled or have completed either APU201 or APU202; and be recommended by their Supervisor to participate in this Unit.

<b>APU302:      Supervised Practicum II: Ignatian Discernment and Decision Making.</b>
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This seminar is run over two weekends in Semester II. Based on (i) the rules for discernment of spirits, and (ii) the Election in the Spiritual Exercises of Saint Ignatius of Loyola, this course will provide a theoretical framework for personal discernment and a supervised experience of guiding a seven week retreat in daily life focusing on the Rules of Discernment.

- Fri 20 - Sun 22 Aug and Fri 8 - Sun 10 Oct 2010 (Campion, VIC)
- Students will attend both weekends and lead small group work under supervision.
- Students will guide a seven-week retreat in daily life between the weekends during which they will see two directees weekly.
- Students will attend weekly group supervision sessions.

- *Prerequisites:* Students will be enrolled or have completed either APU201 or APU202; and be recommended by their Supervisor to participate in this Unit.

<b>APU303: Supervised Practicum III - Giving of the <i>Spiritual Exercises</i></b>
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A supervised experience of leading two people through the 19th Annotation Retreat, or the 30-day experience, will be offered to some of the participants.

- The supervision of the retreat in daily life is usually completed in 30 - 35 weeks, and the supervised director is usually seen once a week.
- The supervision of the 30-day experience is usually completed in 4 weeks, and the supervised director usually participates in supervision once a day.
- One hour per session.
- *Prerequisites:* Students will be recommended by their Supervisor to participate in this unit and will normally have completed APU101, APU201, APU202, APU203, APU301 and APU302.

## ELECTIVES

<b>APU102: The Weeks of the <i>Spiritual Exercises</i> – 18<sup>th</sup> Annotation Retreat Giving</b>
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In this five-day seminar, students will explore the variety of ways the *Spiritual Exercises* can be adapted for retreat giving under the 18<sup>th</sup> Annotation and will be facilitated by Michael Hansen SJ and the Arrupe Team. The Summer School will be followed by a five day directed retreat where second year students may apply to be part of the retreat team as a student director to gain practical experience in giving the 18<sup>th</sup> Annotation Retreats.

Monday (Campion, VIC)

- Monday to Friday, 9 am to 5 pm
- The teaching method includes some input, reflection and group sharing.
- *Prerequisite:* Students will have made the *Spiritual Exercises* as an individually directed retreat under either the 19<sup>th</sup> or 20<sup>th</sup> Annotation.

<b>APU110: GROUP ORGANISATION, LEADERSHIP AND SPIRITUALITY</b>
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This seminar helps participants become more aware of the structures and processes at work in collaborative ministry teams. The guiding matrix for this seminar will be the *Spiritual Exercises*, it's spiritual pedagogy and dynamism.

- Five Wednesdays 18, 25, August, 1, 8, 23, 15 September 2010 (Campion, VIC)

## **Admission and Application Process:**

- (a) Before being accepted applicants will:
  - (i) have made the full *Spiritual Exercises* of Saint Ignatius of Loyola as an individually directed retreat, either as a 30-day experience according to Annotation 20, or in the flow of life according to Annotation 19.
  - (ii) have a sense of being called to the ministry of giving the Ignatian Spiritual Exercises and show evidence of their giftedness for this vocation;
  - (iii) demonstrate a capacity to listen empathically and enter sensitively into spiritual conversation;
  - (iv) have sufficient life experience to enable them to respond with wisdom to a wide range of people from many different walks of life;
  - (v) show an openness to learning from their own and others' experience;
  - (vi) give evidence of a committed and mature Christian faith, an openness to struggle, a preparedness to embrace paradox and mystery, a willingness to change in response to the call of God, and an openness to the whole community of faith;
  - (vii) demonstrate a love of and a commitment to prayer;
  - (viii) be committed to the process of on-going spiritual direction as a directee and have engaged in it for some time;
  - (ix) be a fully initiated and practicing Roman Catholic for at least three years or a similarly invested member of another Christian denomination who is respectful of, and comfortable with, Roman Catholicism.
- (b) *Application Process for entry to the Arrupe Program*

The application process for entry to the Arrupe Program will entail:

- (i) A detailed application form that requires a personal essay.
- (ii) At least two recommendation forms with referees to be consulted as needed.
- (iii) An interview, normally with two of the teaching staff.

## MEMBERSHIP OF COMPANIONS IN THE MINISTRY OF THE IGNATIAN SPIRITUAL EXERCISES.

*Companions* is a national professional association of givers of the Ignatian Spiritual Exercises who are committed to the highest standards of formation, ethical practice and accountability.

*Companions* offers:

- (a) nationally recognised standards for the formation of givers of the Spiritual Exercises;
- (b) a code of ethics for the ministry of the Ignatian Spiritual Exercises in Australia ;
- (c) on-going formation for men and women engaged in the ministry of giving the Exercises;
- (d) annual gatherings of members;
- (e) encouragement and mentoring of new givers of the Spiritual Exercises;
- (f) networking opportunities.

Students studying in the Arrupe Program are eligible to become members of Companions in the Ministry of the Ignatian Spiritual Exercises. The following is a table of accreditation hours applicable to each unit of the Arrupe Program.

Mode of Instruction	Arrupe No.	Unit	Class Contact Hours	Superv'n Hours
<b>INTENSIVE</b> (2 units required)	APU101	Exploring my experience of the Spiritual Exercises	25	7.5
	APU102	The Weeks of the Spiritual Exercises	25	7.5
	APU103	Key Meditations and Rules in the Spiritual Exercises	25	7.5
	APU104	Understanding the Spiritual Exercises	25	7.5
<b>CORE UNITS</b> (all 3 units required)	APU201	Spiritual Exercises - Theory & Practice Part A	40	15
	APU202	Spiritual Exercises - Theory & Practice Part B	40	15
	APU203	Psychological Aspects of Spiritual Direction	30	0
<b>INTERNSHIP</b> (all 3 units required to qualify as a spiritual director)	APU301	Supervised Practicum I: Ignatian Spirituality Seminar	25	15
	APU302	Supervised Practicum II: Ignatian Discernment and Decision-making	25	15
	APU401	Supervised Practicum III: Supervised Retreat Direction	0	30
<b>ELECTIVE</b>	APU110	Group Leadership, Organisation and Spirituality	27.5	7.5

## THREE OUTCOMES OF THE ARRUPE PROGRAM

There are three possible outcomes of the Arrupe Program.

**(1) *Deepening the experience of making the Spiritual Exercises***

The Arrupe Program is a way of reflecting on and deepening the experience of making the full Spiritual Exercises. During the Arrupe Program a participant may decide that this deepening is the outcome he or she aspires to, and discern that God is *not* calling him or her to be a giver of the Exercises. This is a good outcome.

**(2) *Giving Exercises according to Annotation 18***

After completing Units 1 - 6 of the Arrupe Program a participant, together with the facilitators, may discern that he or she is called to give Exercises according to Annotation 18 under supervision.

Annotation 18 states: "The Exercises are to be adapted to the capabilities of those who wish to engage in them; that is to say, age, education or intelligence are to be taken into consideration."<sup>4</sup> Such Exercises could include days of prayer, three-week retreats in daily life, eight-day directed retreats, weekend retreats, instruction in ways of praying, the Examen of Consciousness, etc.

The participant wishing to receive a certificate of suitability to give Exercises according to Annotation 18 would *apply in writing to the Course Co-ordinator*. If the participant was judged to be suitable to give Exercises according to Annotation 18, he or she would receive a certificate stating this from the Course Coordinator.

**(3) *Giving Exercises according to Annotations 19 and/or 20***

After completing Units 1 - 6 of the Arrupe Program, the facilitators, together with a participant, may discern that he or she is called to give the full Spiritual Exercises according to Annotations 19 and/or 20 (Part C of the program).

Annotation 19 states: "A person taken up with public affairs or necessary business, and who is educated or intelligent, can set aside for the Exercises an hour and a half each day."<sup>5</sup> This is the full Spiritual Exercises made over 35 weeks in the course of daily living.

Annotation 20 states: "A person who is more at liberty and who desires to profit as much as possible, should be given all the Spiritual Exercises in the exact order in which they are given. In general, there will be more profit the more one takes appropriate steps to withdraw from all friends and acquaintances, and from all secular preoccupations."<sup>6</sup> This is the thirty-day retreat made in silence and solitude in a retreat house or other suitable place.

After having been invited to direct two persons through the full Spiritual Exercises under supervision — either according the Annotation 19 or 20 — the participant wishing to receive a certificate of suitability to give Exercises according to Annotations 19 and/or 20 *would apply in writing to the Course Co-ordinator*.

The participant who (i) has directed two persons through the full Spiritual Exercises either according the Annotation 19 or 20 under supervision, and (ii) has been judged a competent giver of the full Spiritual Exercises, would receive a certificate stating this from the Course Coordinator.

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<sup>4</sup> Michael Ivens, *Understanding the Spiritual Exercises: Text and Commentary, a Handbook for Retreat Directors* (Trowbridge, Wiltshire: Cromwell Press, 1998), p. 18.

<sup>5</sup> *Ibid.*, p. 19.

<sup>6</sup> *Ibid.*, p. 20.