

August 18, 2015

Dear Spiritual Director Certification Participant,

You have already received a welcome letter for THE SPIRITUAL EXERCISES track that begins in September. I also want to extend a wholehearted welcome to your participation in the Art of Spiritual Discernment Certification program. Of the 35 track participants, ten of you have been accepted into the certification program.

You will have the unique opportunity to experience two interrelated traditions with the goal of enhancing your own spiritual journey as well as becoming a spiritual companion for other seekers. I am very much looking forward to supporting you in the months ahead. In addition to the Ignatian Spiritual Exercises, there will be several ways to engage with additional studies in the art of discernment through the lens of several great wisdom traditions. I have been working throughout the summer to weave these two aspects of your training together in a seamless way. I also want to create an environment where you can enjoy your study without being overwhelmed with the assignments.

For now, I will include a few attachments with this email which will also be included on a new ART OF SPIRITUAL DISCERNMENT website. Here are a few practical ways for you to prepare for your certification experience:

- 1) Make sure you have scheduled the five zoom meeting sessions for our certification group. Our first session will be on Wednesday, September 17 from 8:30-10:00am Pacific Time. (Of course, this is in addition to the Anamcara intro webinar on September 6 and our first SPIRITUAL EXERCISES track webinar on September 13). You will receive email invitations for each of these zoom meetings.
- 2) There are two required text books for the certification program: Gerald May's Care of Mind, Care of Spirit and Sandra Maitri's Spiritual Dimensions of the Enneagram. The Maitri text will also be referenced in THE SPIRITUAL EXERCISES track. Other references mentioned on the same handout are optional.
- 3) I have included a document that outlines the assignment expectations for certification. When we meet next month, I will explain each part of these expectations in more detail. Know that these assignments will be created in a way that should be complementary and not too burdensome for the months ahead.

In the meantime, please feel free to send me a personal email with any questions or concerns. You are about to engage in a wonderful, inspiring and challenging training process. My job is to support you and make this experience a soulful success.

Gratefully,
Richard Groves
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