

CERTIFICATION ASSIGNMENTS

Candidates for **Art of Spiritual Discernment (ASD)** Certification participate in all activities of **The Spiritual Exercises** track. In addition, there are several requirements associated with the ASD program that include:

- 1) Attending each of the five scheduled ASD webinars for certification candidates. Sessions are not recorded so attendance at each zoom session is essential.
- 2) Reviewing the monthly prerecorded video, audio and reading assignments found on the special ASD website.
- 3) Submitting a monthly ASD Reflection Paper based on replies to reflection questions outlined in a monthly STUDY GUIDE (this paper is different from the monthly reflection paper associated with THE SPIRITUAL EXERCISES track).

There are three areas of instruction for each ASD STUDY GUIDE, each with three associated reflection questions. Participants select just one question from each of the following categories for their reflection/reply. A reply to any question should not exceed a paragraph and the entire Reflection Paper should never exceed one word-processed page.

The three areas for each monthly ASD STUDY GUIDE are:

- a) The Art of Spiritual Discernment from a different world spiritual tradition
 - b) A chapter from Gerald May's book, Care of Mind, Care of Spirit
 - c) An audio teaching by Jack Kennedy (the same recording found on THE SPIRITUAL EXERCISES monthly assignments).
- 4) Engage with the ASD supervisor, Richard Groves, on an as-needed basis; Richard will offer an email reply to each monthly Reflection Paper.
 - 5) Finally, engaging with at least one spiritual directee for a monthly supervised spiritual direction session; this part of your assignment will not commence until the beginning of the new calendar year