



St. BEUNO'S

IGNATIAN SPIRITUALITY CENTRE

Ten Week Programme in the Practice of Retreat Giving and Spiritual Direction.

GUIDELINES

You have been asked to give a reference by:.....

who is applying for a place on our Ten Week Programme in the Practice of Retreat Direction

Date of Programme:

Information on this programme can be seen on www.beunos.com/10weekcourse.htm

The aim of this practical programme in retreat direction is to help the participants gain experience and competence in giving individually guided retreats on the basis of the Spiritual Exercises of St Ignatius Loyola. Though the emphasis is on retreat direction, the programme would also be a preparation for the more general ministry of spiritual direction.

Applicants for the programme should be persons deeply motivated by Christian faith. They should be integrated personalities, reflective, well able to relate to others; people of contemporary outlook and open to the world, yet at the same time respectful of spiritual traditions. While previous experience of retreat- giving is not essential, it must be reasonably likely that the applicants will have opportunities to practice this ministry after the programme.

Applicants should be either native English speakers or have an excellent grasp and facility with the English language as they will be expected to guide people in English.

It would help us to estimate the applicant's suitability for the programme if you could respond as far as possible to the following questions. They have been seen by the applicant who has been asked to let you know that s/he consents to them.

1 How long have you known the applicant?

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2 What is your relationship to the applicant? [Friend, "mentor", spiritual director, etc.]

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3. How familiar are you with the content and method of the Spiritual Exercises of St Ignatius Loyola in their individually guided form?

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4. How would you describe the applicant's judgement in general?
Does s/he possess a sense of humour?

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5 What signs do you see that the applicant has good self-knowledge?

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6 How mature is the applicant in his/her relationships?

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7 Is the applicant able to understand and express interior experience?
[or does s/he show lack of interest in this?] How far is s/he comfortable with emotion, both in self and others?

Would you describe her/his sensitivity to pick up another's subtle communication, nuances, non-verbal indications, etc. as average, better or worse than average?

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8 Would you see the applicant as approachable; a person who treats others with respect and acceptance? In your experience is s/he a person with whom yourself and others can be easily open?

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9. In retreat direction, would s/he be able to respond to another with both gentleness and firmness, as appropriate?

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10 In what ways do you sense that the applicant is a person of mature faith?

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11 Does the applicant appear to have any notable difficulties in accepting and dealing with the "real world"? If so, do you sense that his/her personal spirituality compounds these difficulties or helps resolve them?

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12 In what ways do you sense in the applicant an awareness of the wider social implications of following the gospel?

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13 How familiar is the applicant with past and/or contemporary literature of spirituality?

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14 Would you yourself be willing to be directed by the applicant in a retreat, given sufficient training?

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15 Is the applicant already engaged in retreat-direction and/or spiritual direction? If not, is s/he likely to find, or make the opportunity to embark on such work after completing the programme?

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16 What is the applicant's general state of health?

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17 To your knowledge, is the applicant currently receiving any form of medication, medical treatment or therapy?

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18. The course is fairly intensive and some people could find the experience of direction emotionally stressful. Do you consider that the applicant has sufficient spiritual, physical and psychological stamina to sustain such a programme?

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Please use the space below and on the next page, or extra sheets of paper, if you wish to enlarge upon what you have written above, or make further comments on the applicant's suitability or unsuitability for the ministry of retreat-giving and spiritual direction.

KINDLY LET US HAVE THIS REFERENCE AS SOON AS POSSIBLE

Referee's signature:Date:.....

Name: [BLOCK LETTERS]

Address:

.....

Tel. No E-Mail address

Please mark your envelope CONFIDENTIAL and address it to:

**The Programme Secretary,
St Beuno's,
St Asaph,
Denbighshire, LL17 0AS, U.K.**

Thank you very much for your help.