

St. BEUNO'S

Ignatian Spirituality Centre

THREE MONTH SPIRITUALITY SABBATICAL PROGRAMME

GUIDELINES FOR THOSE GIVING REFERENCES SUPPORTING APPLICATIONS FOR A PLACE ON THE ST. BEUNO'S THREE MONTH PROGRAMME IN APOSTOLIC SPIRITUALITY

You have been asked to give a reference bywho is applying for a place on our Spring/Autumn 20 Three Month Programme in Apostolic Spirituality.

Full details of the programme can be found on the St Beuno's website: www.beunos.com/3M.htm

The Three Month Programme in Apostolic Spirituality is centred on the Spiritual Exercises of St. Ignatius Loyola, an individual retreat of thirty days made in silence and under the personal guidance of a director. In the remaining parts of the programme much emphasis is placed on group work and on creating community among the participants.

The purpose of the programme is to promote a spirituality of service. It aims to help participants to integrate the personal and service dimensions of spirituality, and to arrive at a renewed apostolic vision and vitality. The programme also provides a situation in which participants can make decisions in relation to their work or find new life directions.

For such a programme, applicants need to be more than averagely integrated personalities, well able to relate to others, generously disposed, and deeply motivated by faith. It should be added that the programme can be physically, emotionally and spiritually demanding.

In order to guide us regarding the applicant's suitability for this programme, it would be helpful if you could respond, as far as possible, to the following questions. These questions have been seen by the applicant, who has been asked to let you know that he/she consents to them.

1 How long have you known the applicant?

2 What is your relationship to the applicant? (i.e. friend, work colleague, spiritual director, etc.)

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3 Have you experienced or are you familiar with the content and method of the Spiritual Exercises of St. Ignatius Loyola, in their individually-given form (i.e. not preached?)

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4 The Spiritual Exercises and the whole Three Month Programme involve much reflection on experience. To what extent would you consider the applicant have the ability to be appropriately in touch with his/her own inner and outer life: feelings, emotions, motivations, behaviours, actions, etc.?

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5 How would you describe the applicant's judgement in response to life's experiences? (Consider words such as: flexible, appropriate, reasonable, rigid, inappropriate, capricious.)

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6 How does the applicant get on with people at work and socially?

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7 In what ways is the applicant a *person* dedicated to the service of others?

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8 To what extent would you say the applicant is socially aware?

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9 Is the applicant's life motivated by faith, hope and love?

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10 Does the applicant receive regular spiritual direction?

11 How would you describe the applicant's state of health?

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12 As far as you know, will the applicant be able to begin the programme sufficiently rested to benefit from three months which are physically and emotionally demanding?

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13 Does the applicant have the physical, spiritual and psychological stamina to sustain an intensive three month programme which centres on a 30 day silent retreat – the full Spiritual Exercises?

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14 As far as you are aware, has the applicant, in the past five years, been taking any stimulant, antidepressant or tranquillising drugs?

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15 Only answer this question if the answer to 14 is 'YES'.

As far as you think it appropriate, would you kindly let us know why the drugs were taken, when, for how long, and the end result. It would help if you were to name the drug(s).

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16 Has the applicant in the past five years received psychiatric treatment or psychotherapeutic counselling, as far as you are aware?

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17 Only answer this question if the answer to 16 is 'YES'. As far as you think it appropriate, would you let us know why the treatment was given, when, for how long, the method of treatment and the end result.

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N.B.-An affirmative answer to questions 14 and/or 16 does not of itself indicate unsuitability for the Programme. Your answer to questions 15 and/or 17 give further help to us in assessing suitability.

18 If the applicant is accepted how do you think this Three Month Programme in Apostolic Spirituality is likely to enhance his or her life and work?

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Please use the space below and overleaf, or extra sheets of paper, either to enlarge on what you have written above or to make any further comments.

KINDLY LET US HAVE YOUR REFERENCE AS SOON AS POSSIBLE.

Your Signature Date

BLOCK CAPITALS, PLEASE

Name

Address

Town Postcode/ZIP

Country

Tel No: Email:

PLEASE, MARK YOUR ENVELOPE CONFIDENTIAL AND ADDRESS IT TO

The Director 3M, St Beuno's, St Asaph, Denbighshire, North Wales LL170AS, United Kingdom

Thank you.