

Ref:

**St. BEUNO'S
SPIRITUAL EXERCISES CENTRE**

ST. ASAPH, DENBIGHSHIRE, NORTH WALES, LL17 0AS



**THE
SPIRITUAL EXERCISES
OF
ST. IGNATIUS LOYOLA**



REFERENCE FORM

GUIDELINES FOR THOSE GIVING REFERENCES SUPPORTING APPLICATIONS FOR A PLACE
ON THE FULL SPIRITUAL EXERCISES OF ST IGNATIUS

You have been asked to give a reference by who has applied to make the
Spiritual Exercises of St. Ignatius Loyola. Date of Retreat :

The Spiritual Exercises of St. Ignatius Loyola are an individually given retreat of thirty days made in silence and under the personal guidance of a director.

The purpose of the retreat is to help form, by means of prayer using the Gospel, a person of generous and Christian apostolic service. It aims to help a person integrate the personal, social and spiritual dimensions of life, and so arrive at a renewed apostolic vision and vitality. The retreat can also provide a situation in which a person might make, or renew, decisions in relation to faith and life, or find new direction in life.

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

In order to guide us regarding the applicant's suitability for the Spiritual Exercises, 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.

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1. How long have you known the applicant?
 2. What is your relationship to the applicant? (i.e. friend, spiritual director, etc.)
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 3. 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 involve a reflection on experience. Does 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? (*flexible, appropriate, reasonable, or rigid, inappropriate and/or capricious*)
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6. How would you describe the applicants ability to relate to both men and women and live an open way of life in harmony with others?

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7. To what extent would you describe the applicant a person dedicated to the service of others?
Would the applicant be aware of the wider social implications of the Christian faith?

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8. How would you describe the applicant's faith commitment?

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9. Does the applicant seem at ease with self, or rather unduly driven or seeking the approval of others?

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10. Do you know if the applicant receive regular spiritual guidance? In so far as the question is relevant to the applicant and to the extent that you are able, would you kindly indicate both the length and frequency of sessions, and something of the style of the direction given.

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11. What is the applicant's state of health?

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12. As far as you know, has the applicant, in the past five years, been having treatment for depression?

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13. As far as you are aware, has the applicant, in the past five years, received psychiatric treatment or psychotherapeutic counselling?

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14. Only answer this question if the answer to 13 or 14 is 'YES'. As far as you are able would you kindly let us know why the treatment was given, when, for how long, the method of treatment and the end result. Would you think this

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15. Does the applicant have the physical, psychological and spiritual stamina to sustain a demanding 30 day programme of prayer in silence?

N.B. An affirmative answer to questions 12 and/or 13 does not itself indicate unsuitability for the retreat.

16. If the applicant is accepted how do you think the 30 day prayer experience of the Spiritual Exercises of St. Ignatius Loyola are likely to enhance his or her life and work?

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

Your Signature Date

BLOCK LETTERS, PLEASE

Name:

Address:

Town/City.....Postcode:

Tel. No: Email:

PLEASE MARK YOUR ENVELOPE CONFIDENTIAL, AND ADDRESS IT TO THE DIRECTOR 30 DAYS.

St Beuno's, St Asaph, Denbighshire, N. Wales, UK LL17 0AS

If you wish to send this form electronically, please download a Word (rtf) version: www.beunos.com/bookings.htm and send at an attachment to courses@beunos.com

KINDLY LET US HAVE YOUR REFERENCE AS SOON AS POSSIBLE.

Thank you.
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