

# Giving the Exercises



The St. Monica Spirituality Center  
offers a  
Two-Year training program -2021-2023  
in person or by zoom  
to become a spiritual director able to offer  
the Spiritual Exercises of  
St. Ignatius of Loyola

# The Spiritual Exercises



During the 1530s, St. Ignatius Loyola began writing about the emotions that took hold of him — feelings of gratitude and anguish, consolation and sadness — while encountering the scriptures. Those meditations eventually became the *Spiritual Exercises of St. Ignatius Loyola*, first published in 1548.

The *Spiritual Exercises* is a compilation of meditations, prayers, and other contemplative practices. It is not like other classics in Western spirituality that are typically read from beginning to end. It is more like a handbook, especially for use by **spiritual directors** who accompany and guide people through this dynamic process of reflection.

Taken from Jesuit West Province; <https://www.jesuitswest.org/spirituality/the-spiritual-exercises/> June 2021.

## Becoming a Spiritual Director of the Exercises

The St. Monica Spirituality Center offers a two-year intensive program for those interested in becoming spiritual directors able to offer the Spiritual Exercises of St. Ignatius of Loyola. Classes are one Saturday each month from 9am-4pm. Classes can be taken in person or by zoom.

### **First Year -Study – September 2021- May 2022**

In the first year focus is on the dynamics of the Exercises and the main principles of Ignatian prayer. Study is made especially of the 9-month version of the Exercises – often called the 19<sup>th</sup> Annotation, or the Spiritual Exercises in Everyday Life (SEEL). Two short 3-page papers are required of each student.

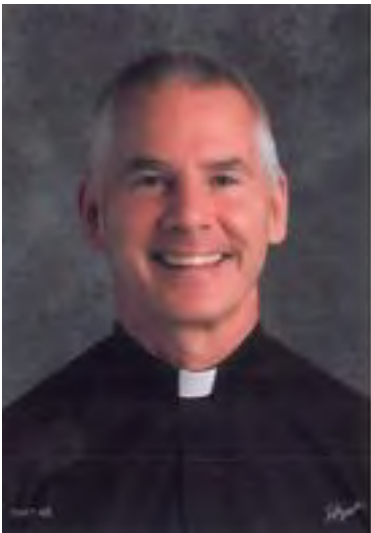
### **Second Year – Study, Directing and Supervision – September 2022- May 2023**

In the second year, students will take classes while they are also guiding others (1-3 retreatants) through the Exercises. Classes will meet one Saturday each month. Morning classes will focus on content in offering the Exercises, while afternoon classes will provide a group supervision experience. Further supervision is supported by monthly meetings with a supervisor (instructor) and written verbatims.

Classes 2021- 2022 (2nd Saturday)  
 September 11, 2021. Opening Retreat  
 October 9  
 November 13  
 December 11  
 January 8, 2022  
 February 12  
 March 12  
 April 9 (day before Palm Sunday)  
 May 14 – Closing Retreat –  
 Dinner Celebration

Classes and Supervision 2022-2023  
 September 10, 2022 Opening Retreat  
 October 9  
 November 12  
 December 10  
 January 14, 2023  
 February 11  
 March 11  
 April 1  
 (change in cycle due to Easter on April 9)  
 May 13 Closing Retreat –  
 Dinner Graduation Celebration

## Instructors



### Fr. David Ayotte

Fr. Dave was ordained in 1992 for Los Angeles serving for 15 years in parish ministries and later as director of the Mission Office for the Archdiocese. That work involved training lay families to serve in the international missions. Following this he served 14 years with the Jesuits teaching in universities in Rome and Nairobi, mainly in the formation of lay leaders and priests. He holds a doctorate in systematic theology (STD) focusing on the thought of Teilhard De Chardin and globalization. He holds Masters in Divinity, Applied Spiritual Theology, and Religious Studies. Both in the US and later in Africa, Fr. Dave was involved in fund raising for Church related organizations. He has served for the past 5 year as an associate pastor at parishes in Sacramento, Chatsworth and now here at St. Monica’s. In 2020 He oversaw FIRE, a program of 31 parish leaders experiencing the Spiritual Exercises of St. Ignatius. He currently is the Director of the St. Monica Spirituality Center.



### Jim Arena

Jim Arena has worked as a transformation leader and executive coach for Silicon Valley companies for most of his career and knows first-hand the excitement and difficulty of change in developing new breakthrough opportunities conceived by technology companies. He typically is working with executives where change comes fast and often unpredictable. Jim is intrigued by the wisdom that develops when you work closely with others whether it leads to success or fails. Jim has personally seen those experiences turn into a desire to surrender to Christ and help others on an even more significant life-fulfilling journey. He’s been trained in the Spiritual Exercises through the Center of Ignatian Spirituality in Sacramento, California in 2018. He also completed the 3-year Institute for Leadership in Ministry, a lay-leadership program, for the Catholic Diocese of San Jose. He is married to Kathy with two young adult children who teach him how to be their best dad. He loves to bicycle nearly anywhere. You might find him on a road near you.



### **Dian Brutocao**

I currently minister as a spiritual director for SEEL Spokane, WA. I have a thriving 39-year marriage with five adult children and four grandchildren. In my early years I worked as an RN in the intensive care unit. I have served on parish council at St. Peter's Spokane, WA as well as president of such, the Catholic Foundation of Eastern WA, Vocations Admissions Advisory Board- Bishop White Seminary Spokane, WA, Grant Distribution Committee Chairwoman for the diocese of Spokane. In my later years I returned to school at Gonzaga University and received a bachelor degree in Religious Studies followed by a Masters in Theology with an emphasis in pastoral ministry from the University of Portland. I became a spiritual director in 2014 and have continued directing the Spiritual Exercises in Spokane, in FIRE Holy Spirit Parish (an intensive Christian leadership formation program, 2016) and FIRE St. Monica Parish (a nine-month retreat in the Spiritual Exercises with concurrent communal discernment, 2020/21). I enjoy companioning with others who desire a deepening relationship with God.



### **Linda Cunha-Ricchio**

Linda lives in San Jose, CA where she has served in various adult formation ministry roles for more than 20 years: Parish Director of Faith Formation, Diocesan Director of the Institute for Leadership in Ministry, Director of Advanced Lay Leader Program, Deacon Formation Board, and Council of Lay Ecclesial Ministers. Linda has served on the National Association of Lay Ministry Board, an organization providing vision, leadership, and advocacy for lay ministers. Currently, Linda leads workshops and retreats on prayer and spirituality. She is a member of Holy Spirit Parish and serves on the Pastoral Council. She is passionate about guiding others through the Spiritual Exercises of St. Ignatius of Loyola.

Linda holds Bachelor's and Master's degrees from Santa Clara University. Linda also completed 32 units of core and elective coursework in the Graduate Program in Pastoral Ministries M.A. Program at Santa Clara University. She has a certificate of completion from the Institute for Leadership in Ministry (DSJ) as well as from the Pierre Favre Program, a three-year program which trains individuals to give the Spiritual Exercises of St. Ignatius. Linda participated in the Ignatian Spirituality Leadership pilot program, FIRE, at her parish in San Jose.





**Shari Roeseler**

Shari has conducted workshops at Mercy Center Auburn focusing on spirituality and recovery. She has over 25 years of experience working in faith-based ministries including Mercy Housing CA and St. Anthony Foundation in San Francisco. Shari completed the two-year Ignatian Spiritual Directors Program at the Center for Ignatian Spirituality, Sacramento in May, 2019. She has a Masters in Theological Studies with a focus on Christian Social Ethics and Healthcare Ethics from Santa Clara University-Jesuit School of Theology. She is a volunteer coordinator on the St. Francis Parish Faith Formation Team and she is a lecturer at the University of San Francisco. Since 2012, Shari has served as the Executive Director of Society for the Blind, a Sacramento-based non-profit providing education and low vision eye healthcare for people living with low vision and blindness.

# Fees and Prerequisites

**Fees**

Year 1 Classes	9 Classes, 6 hours each	\$500
Year 2 Classes and Supervision	9 Classes, 3 hours each 9 Group Supervision, 3 hours each 9 Individual Supervision, 1 hour each	\$500

**Graduation Certificate.** A certificate of completion is given to all those who successfully attend all classes in the two-year program, complete the necessary paperwork, and successfully direct another person in the 19th Annotation retreat.

**Prerequisites**

- Prior studies in theology and scripture or its equivalent.
- Experience in receiving spiritual direction
- Experience of the 19th Annotation Retreat or the 30-Day Exercises
- Giving the Exercises (GTE) Application
- Two letters of recommendation
- Interview with St. Monica Spirituality Center Director or representative

**Acceptance:**

Following completion of the above prerequisites, applicants are informed of their acceptance into the two-year formation program in the last week of August.

## Course Content and Reading Material First Year – September 2021- May 2022

### General 3-hour Class Schedule

Content 1	50 minutes
Break	10 minutes
Content 2 (with questions)	50 minutes
Break	10 minutes
Prayer Experience based on Exercises	30 minutes
Shared Group Reaction to Prayer and class	30 minutes

**First Year Attendance Policy:** Attendance is expected for all classes and both the opening and closing retreat.

**Year 1:** Classes are from 9-12pm and 1:00-4:00pm, 2nd Saturday of each month

Date of Class	Thematic Content - AM	Thematic Content – PM
September 11	<ul style="list-style-type: none"> <li>Opening Retreat</li> <li>Personal Stories – Hopes and Expectations</li> <li>Overview of program; Summary of the Exercises</li> </ul>	
October 9	<b>Ignatius of Loyola and Ignatian Spirituality</b> <ul style="list-style-type: none"> <li>Person of Ignatius of Loyola</li> <li>Autobiography of Ignatius</li> <li>General structures of Ignatian Spirituality</li> </ul>	<b>Disposition Weeks</b> <ul style="list-style-type: none"> <li>Freedom, Dispositions, Grace, Obstacles to entering the Exercises, distinction of Counseling and direction</li> <li>Annotations #1-20</li> <li>Principle and Foundation</li> </ul>
<p><b>Have read for October class:</b>  <i>Autobiography of St. Ignatius Loyola</i>, chapters 1-11; <i>Like the Lightning</i>, chapters 1, 2, 6, &amp; 7; <i>The Discerning Heart</i>, chapter 1; <i>The Call to Discernment</i>, chapters 1 &amp; 2; and <i>Spiritual Exercises #1-23</i> (Ganss).</p>		
November 13	<b>Ignatian Prayer</b> <ul style="list-style-type: none"> <li>Examen (versions)</li> <li>Forms of the Exercises (18,19,20)</li> <li>Imaginative Contemplation, Lectio Divina, Colloquy</li> <li>Meditation, Review, Repetition, Application of Senses</li> </ul>	<b>Annotation 18-20; First Week</b> <ul style="list-style-type: none"> <li>Trust – images of God</li> <li>Review of Life – my response to grace</li> <li>Creation, Sin, Redemption</li> </ul>

<p><b>Have read for November class:</b>  <i>Like the Lightning</i>, chapters 3-5, 8-10; <i>the Call to Discernment</i>, chapter 3-5 &amp; 24-25; <i>the Discerning Heart</i>, chapters 2-3; and <i>Spiritual Exercises #24-90</i>.</p>		
December 11	<p><b>Rules of Discernment of Spirits, First Week</b></p> <ul style="list-style-type: none"> <li>• Consolation and Desolation, Rules for First Week</li> <li>• Reasons for Desolation</li> <li>• Spoiled, secret lover, general</li> </ul>	<p><b>Discernment</b></p> <ul style="list-style-type: none"> <li>• What have I done for Christ?</li> <li>• What am I doing for Christ?</li> <li>• What will I do for Christ?</li> <li>• Guided Meditation</li> </ul>
<p><b>Have read for December class:</b>  <i>Like the Lightning</i>, chapters 4- 5, 8, 9 &amp; 10; <i>the Call to Discernment</i>, chapter 6.  <i>The Discerning Heart</i>, chapters 4-5; and <i>Spiritual Exercises #313-327</i>.</p> <p>Mid-Term Essay due (3 pages typed).</p>		
January 8	<p><b>Following Christ, Second Week</b></p> <ul style="list-style-type: none"> <li>• Finding Christ in healing, forgiveness, wounded</li> <li>• Call of the King, Two Standards,</li> <li>• Three Classes of Persons, degrees of humility</li> </ul>	<p><b>Rules Discernment of Spirits – Second Week</b></p> <ul style="list-style-type: none"> <li>• Rules for the Second Week</li> <li>• Characteristics of True Consolation</li> <li>• Angel of Light (deception)</li> <li>• Decisions after consolation – caution</li> </ul>
<p><b>Have read for January class:</b>  <i>Like the Lightning</i>, chapters 11-12 &amp; 16; <i>the Call to Discernment</i>, chapters 7 – 11; <i>the Discerning Heart</i>, chapters 6-7; SpEx 101-168 &amp; 328-336.</p>		
February 12	<p><b>Election</b></p> <ul style="list-style-type: none"> <li>• 3 Modes of Discerning God’s will</li> <li>• Reflection on emotions</li> <li>• Weighing Pros and Cons – reason</li> <li>• Confirmation</li> </ul>	<p><b>Third Week – The Passion of Christ</b></p> <ul style="list-style-type: none"> <li>• Where is Christ suffering in my life and world?</li> <li>• Compassion in my life and world</li> <li>• Principles of Catholic Social Teaching</li> </ul>
<p><b>Have read for February class:</b>  <i>Like the Lightning</i>, chapter 13 &amp; 15; <i>the Call to Discernment</i>, chapters 12-16 &amp; 18-20; <i>the Discerning Heart</i>, chapters 8-9; SpEx #169-189 &amp; 190-209.  <i>What’s Your Decision</i>, entire text.</p>		
March 12	<p><b>Fourth Week – The Resurrection</b></p> <ul style="list-style-type: none"> <li>• Resurrection Accounts</li> <li>• Contemplation on Love</li> <li>• How is Christ coming to new life in me and the world?</li> </ul>	<p><b>Thinking with the Church</b></p> <ul style="list-style-type: none"> <li>• Thinking with the Church</li> <li>• Fasting and Alms</li> <li>• Suscipe Prayer</li> <li>• Meditation on 4 areas of contemplating love</li> </ul>
<p><b>Have read for March class:</b>  <i>Like the Lightning</i>, chapter 14; <i>the Call to Discernment</i>, chapters 21-23;  <i>The Discerning Heart</i>, chapters 10-11; and SpEx #218-237, 210-217 &amp; 337-370.</p>		

April 9	<b>Psychological Issues and Concerns</b> <ul style="list-style-type: none"> <li>• Projection and Self awareness</li> <li>• Dangers of the Director</li> <li>• Cultural/Ethnic and Special Perspectives (feminist, orientation, economic class)</li> <li>• Professional Boundaries</li> </ul>	<b>Spiritual Companionship</b> <ul style="list-style-type: none"> <li>• Holy Listening</li> <li>• Evocative questions</li> <li>• Role of feelings and emotions</li> <li>• Final reflections</li> </ul>
<b>Have read for April class:</b> <i>Like the Lightning</i> , Appendix 1: The Ignatian Exercises, pp 163-183; and <i>The Discerning Heart</i> , chapters 11.  Final Essay due (3 pages typed).		
May 14	<b>End of Year Retreat</b> <ul style="list-style-type: none"> <li>• Selection of a Directee</li> <li>• Resources to prepare as a director</li> <li>• Evaluation</li> </ul>	

### Year 1 Required Texts:

Brackley, Dean, *The Call to Discernment in Troubled Times*, Crossroad Publishing Company, 2004.

Conroy, Maureen R.S.M., *The Discerning Heart: Discovering a Personal God*, Chicago: Loyola University Press, 1993.

Fleming, David SJ, *Like the Lightning: Dynamics of the Spiritual Exercises*, St. Louis: Institute of Jesuit Sources, 2004.

Ganss, George E., S.J. *The Spiritual Exercises of St. Ignatius: A Translation and Commentary*. St. Louis: The Institute of Jesuit Sources, 1992.

Ignatius of Loyola, *Autobiography*. O'Connor, J.F.X., S.J., New York: Benzinger Brothers, 1900. Go to: <https://archive.org/details/stignatiusautobiooignauoft>

Sparough, Michael SJ. Manney, Jim. Hipskind, Tim, SJ. *What's Your Decision: How to Make Choices with Confidence and Clarity; an Ignatian Approach to Decision Making*. Chicago: Loyola Press. 2010.



## Course Content, Reading Material, Supervision Second Year – September 2022- May 2023

Year 2: Classes are from 9-12pm on the second Saturday of each month.  
Monthly supervision sessions are by personal appointment.  
Group supervision/mentoring is from 1-4pm every Saturday class session.

Date of Class	Thematic Content
September 10  Opening Retreat 9am-4pm	Opening Retreat <ul style="list-style-type: none"> <li>• Summer Sharing</li> <li>• A map and overview of the Spiritual Exercises – Graces (Fultrell and Cowan)</li> <li>• Review of goals and structure of Year 2 program</li> <li>• Verbatim and Supervision structures</li> </ul> <p><b>Have read for September class:</b>  <i>Veltri, John, S.J., Orientations for Spiritual Growth</i>, "Preparatory Phases: the Disposition Days", Chapters 1-4. "Prayer Units", Chapter 20 &amp; "To You .... From Ignatius", Chapter 21.</p>
October 8	<p style="text-align: center;"><b>Week 1</b></p> <ul style="list-style-type: none"> <li>• Structure and dynamics, disposition of directee, Identify the grace of the first week</li> <li>• Sin and guilt in the context of God's love</li> <li>• Principle &amp; Foundation, Examen</li> <li>• Cases from Directees – verbatim</li> </ul> <p><b>Have read for October class:</b>  <i>Veltri, John, S.J., Orientations for Spiritual Growth</i>, "First Principle and Foundation", Chapters 5-6 &amp; "First Week", Chapters 7-9.</p>
November 12	Discernment of Spirits – Week I <ul style="list-style-type: none"> <li>• Rules of the First Week</li> <li>• Consolation, Desolation, Tactics of the Evil Spirit</li> <li>• Cases from Directees – verbatim</li> </ul> <p><b>Have read for November class:</b>  <i>Veltri, John, S.J., Orientations for Spiritual Growth</i>, "Guidelines for Discerning Spirits", Chapter 29.</p>

December 10	<p style="text-align: center;"><b>Week 2</b></p> <ul style="list-style-type: none"> <li>• Structure and dynamics, Knowing and following Jesus.</li> <li>• Call of the King, 2 standards, 3 classes of persons, 3 degrees of humility</li> <li>• Election – making a good decision, Confirmation</li> <li>• Cases from Directees – verbatim</li> </ul> <p><b>Have read for December class:</b>  <i>Veltri, John, S.J., Orientations for Spiritual Growth</i>, “Second Week”, Chapters 10-14; “The Kingdom Exercise and the Use of Myth in Spiritual Direction”, Chapter 26; &amp; “Decision-Making and the Five Steps”, Chapter 27.</p>
January 14	<p>Discernment of Spirits – Week II</p> <ul style="list-style-type: none"> <li>• “Water falling upon a sponge/rock</li> <li>• Deception Under the Guise of the Good</li> <li>• Cases from Directees – verbatim</li> </ul> <p><b>Have read for January class:</b>  <i>Veltri, John, S.J., Orientations for Spiritual Growth</i>, “Second Set of Guidelines”, Chapter 29.</p>
February 11	<p style="text-align: center;"><b>Week 3</b></p> <ul style="list-style-type: none"> <li>• Passion of Christ</li> <li>• Consolation – finding Christ in the poor</li> <li>• Cases from Directees – verbatim</li> </ul> <p><b>Have read for February class:</b>  <i>Veltri, John, S.J., Orientations for Spiritual Growth</i>, “Third Week”, Chapters 15-17 &amp; “Confirmation and the Process of Discerning Decisions”, Chapter 28.</p>
March 11	<p style="text-align: center;"><b>Week 4</b></p> <ul style="list-style-type: none"> <li>• Resurrection Accounts, experiencing the resurrection</li> <li>• Contemplation on Divine Love</li> <li>• Cases from Directees – verbatim</li> </ul> <p><b>Have read for March class:</b>  <i>Veltri, John, S.J., Orientations for Spiritual Growth</i>, “Fourth Week”, Chapters 18-19.</p>
April 1	<ul style="list-style-type: none"> <li>• Guest Speakers</li> <li>• Concluding the Exercises,</li> <li>• Special Cases, questions</li> <li>• Next steps for the Directee</li> </ul>
May 13 1-5pm Closing Retreat	<p style="text-align: center;"><b>Closing Retreat with Directees</b></p> <ul style="list-style-type: none"> <li>• Sharing of stories</li> <li>• Invitation to draw others into the Exercises</li> <li>• 30 Day Retreat Opportunities</li> <li>• Dinner/social together</li> </ul>

## Year 2 - Required Texts

Veltri, John, S.J., *Orientations for Spiritual Growth - Vol 2: A and B. For Those Who Accompany Others on the Inward Journey*,  
Go to: [http://www.julianmaddock.info/texts/veltri/o2/or2a\\_bintro.html](http://www.julianmaddock.info/texts/veltri/o2/or2a_bintro.html)  
Note: This text is available through the class.

Veltri, John, S.J., *Orientations for Spiritual Growth – Vol. 1 – Collections of Helps for Prayers*.  
1993 (Retreat Center of Guelph, Ontario, Canada)  
Privately published on line by Julian Maddock –  
Go to  
[http://orientations.jesuits.ca/veltri\\_orientations.html](http://orientations.jesuits.ca/veltri_orientations.html) or  
<http://www.julianmaddock.info/texts/veltri/o1/veltri.htm>  
Note: This text is available through the class.

O'Brien, Kevin, SJ, *The Ignatian Adventure*, Chicago, Loyola Press, 2011.

## Recommended Texts

Dyckman, Katherine M., SNJM; Garvin, Mary, SNJM; Liebert, Elizabeth, SNJM; *The Spiritual Exercises Reclaimed: Uncovering Liberating Possibilities for Women*, New York: Paulist Press, 2001.

English, John J., S.J., *Spiritual Freedom*, 2nd Ed., Chicago: Loyola Press, 1995.

Savary, Louis M., *The New Spiritual Exercises: In the Spirit of Pierre Teilhard de Chardin*, New York: Paulist Press, 2011.

# Contact

For further information, application forms, questions or concerns contact:

**Fr. David Aytte**  
St. Monica Spirituality Center, Director  
St. Monica Catholic Community  
725 California Ave.  
Santa Monica, CA 90403  
Office: 310-566-1505

[davidayotte@stmonica.net](mailto:davidayotte@stmonica.net)

