The Archdiocesan Spirituality Center is committed to nurturing the spiritual growth of the clergy, religious and laity of the Archdiocese.

The Center is dedicated to the ministry of spiritual direction as a means of encouraging this spiritual growth.

All relationships develop as two persons pay attention to one another. This also holds true to your relationship with God. Spiritual direction seeks to enable a person to be more attentive to God. It is a conversation in which the director helps the directee to grow in his/her relationship with God by noticing how God is revealed through the unique circumstances of the directee’s everyday life and prayer.

The Center carries out its ministry by:

- Individual spiritual direction
- Group spiritual direction
- Training of spiritual directors
- Training of faith companions
- Supervision and on-going formation for spiritual directors
- Lenten Retreat in Daily Life
- Seminars, workshops and lectures for spiritual growth

The staff can make referrals for pastoral counseling and psychotherapy but the Center does not provide these services.
"I know that God is with me at all times, but my life would be so much better if I remembered this!"

"At this point in my life I am not sure what God is asking of me."

"I hear people say, ‘I talk to God’ or ‘I just listen to God’. What do they mean? I’d like to pray like that."

**Spiritual Direction**

is for a person who wants to be more aware of God in their daily life and to deepen their prayer. It is a discernment conversation in which the directee discerns and becomes more aware of the Presence of God throughout their life. In conversation with a trained spiritual director the directee deepens his/her prayer life in response to this growing awareness of the Lord’s constant presence.

The spiritual director is a trained co-discerner. He or she is not present to provide answers or to give advice but to help the directee to find God both within their prayer and life. Spiritual direction is not pastoral counseling nor is it faith companioning. Rather, spiritual direction is focused on the directee’s prayer, their life with God and how the two interact.

The Archdiocesan Spirituality Center offers a network of trained spiritual directors. In addition to the Center staff, a number of qualified directors generously make themselves available through the Center.

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On-Going Spiritual Direction

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An Internship In Spiritual Direction

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At the core of the ministry of the Archdiocesan Spirituality Center is the Internship Program. Spiritual Direction is distinguished from teaching, counseling and faith companioning by this faith conversation having as its purpose discernment. The director walks with the directee in order to deepen awareness of God’s Presence. This desire for intimacy with the Lord creates the situation of spiritual direction. The Internship prepares the Intern to assist the directee discern the presence and movement of God in the life of the directee.

The ASC Internship incorporates a broad reflection on the ministry of spiritual direction within the context of today’s Church. Following the theology and methodology of the Spiritual Exercises of St. Ignatius of Loyola, the Internship prepares the Intern to guide others in on-going spiritual direction and directed retreats.

The honing of skills is part of the formation of a spiritual director; the essential formation comes from God’s gifts, the Church’s formation, and the spiritual hunger of the Intern. When God has gifted a person with faith and discernment a training program can help that person recognize, strengthen, and purify their gift of discernment.

The two-year Internship closes with a process of individual and group discernment that assists the participants to discern if they are called to the ministry of spiritual direction or to another form of faith ministry. This discernment, also considers the areas of Spiritual Direction to which each intern feels called.

A number of informational meetings will be held; see Workshops and Days of Prayer for details.
“Did not our hearts burn within us as He talked to us along the way”
—Luke 24:32

A Faith Companion is a person skilled in spiritual conversation through faith, listening skills, shared prayer and faith sharing.

A Faith Companion accompanies another in spiritual friendship.

This course is designed for people who are currently doing some form of spiritual conversation.

For Men and Women, Laity, Religious, Clergy who are in Christian Ministry:

- Parishes
- Schools
- Home Visitation
- RCIA Sponsors
- Hospitals
- Prayer Groups
- Informal “Coffee Cup” Faith Sharing

CLASSES WILL BE HELD VIRTUALLY,
10:00AM-NOON
Fridays: October 21, 28, November 4, 11, 18,
December 2, 9, 2022
Donation: $125

CLASSES WILL BE HELD VIRTUALLY,
6:00-8:30PM
Wednesdays: February 1, 8, 15, 22,
March 1, 8, 15, 2023
Donation: $125

Lenten Retreat in Daily Life

Are you seeking a deeper relationship with the Lord through prayer?
Would you like to experience Sacred Scripture — not just study it?
Do you have a deep desire to grow in your faith and prayer life?
Would you like to experience a Directed Retreat but can’t get away?

If your answer is “YES” ...

A Lenten Retreat in Daily Life may be for you!

This individually directed retreat is designed for those who cannot get away to a Retreat Center during this sacred time of Lent. During this Individually Directed Retreat each retreatant will meet with his/her director weekly. In their private spiritual direction session the director will help the retreatant notice God’s presence within his/her prayer and daily life, offering suggestions for the retreatant’s daily prayer.

The opening and closing of the Lenten Retreat will be held virtually

OPENING SESSION:
Sunday, February 26, 2023
2:00 – 4:00pm

CLOSING SESSION:
Thursday, March 30, 2023
7:00 – 8:30pm
Workshops

2022

AUGUST/SEPTEMBER

Internship in Spiritual Direction: Informational Meeting
If you have a desire to be trained to do the ministry of spiritual direction, please come and learn the process, prerequisites and structure of the two-year Internship offered by the Archdiocesan Spirituality Center at one of the informational meetings being offered.

VIRTUAL
Presenter: Mike Van Vranken
Monday, July 25, 2022
10am or 6:30pm

Presenter: Jeanne Burmaster
Monday, October 10, 2022
10am or 7:00pm

IN-PERSON – LAFAYETTE
Presenter: Carol Olson
Tuesday, August 30, 6:30-8:30pm,
St. Pius, 600 Kaliste Saloom Rd., Lafayette
Wednesday, August 31, 10am-Noon,
St. Barnabas Episcopal, 400 Camellia Blvd., Lafayette

The two-year Internship in Spiritual Direction will be offered as follows:

1. In the Lafayette area:
   St. Charles College, Grand Coteau
   beginning August, 2023:
   meeting the third Wednesday of each month (August-May)
   9:00am-5:00pm. Applications due April 1, 2023.

2. In Metairie:
   Archdiocesan Spirituality Center
   5500 St. Mary St., beginning August 2024:
   meeting the second Saturday of each month (August-May)
   9:00am – 5:00pm. Applications due April 1, 2024.

3. In Baton Rouge:
   Franciscan Missionaries of Our Lady University,
   5345 Brittany Drive beginning August 2024:
   meeting the first and second Tuesdays of each month (August-May)
   4:00pm – 8:00pm. Applications due April 1, 2024.

To register for a meeting call (504) 861-3254 or register on the web: nolacatholic.org/asc.

Salvation History
Wednesday, Sept. 7, 6:00-8:00pm at A.S.C. or
Friday, Sept. 9, 10am-Noon (Virtual)
Presenter: Sr. Gloria Murillo, S.T.J.

Through the “Holy Remembering” of Jesus’ story, this workshop invites us to encounter our personal Salvation History.

Donation $30.00

Finding God in Your Everyday Life Experiences
Monday, Sept. 19, 10:30-Noon at A.S.C.
or virtually 7:00-8:30pm
Presenter: Jeanne Burmaster

Join Jeanne to learn the importance of reflecting on your everyday life experiences, to recognize the presence of God in those experiences and to learn a method for reflection on the action of God in your life.

Cost $30

Mind/Body/Spirit Connection
Thursdays: Sept. 22, 29, Oct. 13, 20,
9:30-Noon at A.S.C.

Join Sr. Dorothy Trosclair, and Kathy Anzelmo as they lead you into calming techniques such as deep breathing, meditation and progressive muscle relaxation as a way to enter into deeper prayer through imaginative contemplation.

Donation $40.00
Faith Companioning
(see inside for details)

Spiritual Excellence:
The Path to Happiness, Holiness and Heaven
Tuesdays: Oct. 4, 11, 18, 25, 2022, 10:00-11:30am at A.S.C.
Presenter: Deacon Rich Eason

Many of us are struggling with all kinds of issues such as: doubts in our faith; stress, worry and fear; temptation; suffering; handling conflict; anger; family matters and self-discipline. These issues are robbing us of our joy in life. The remedy for these issues, as St. Paul tells us, is to learn to pursue Spiritual Excellence. The series on Spiritual Excellence addresses all of these most challenging issues that we have in life, provides remedies for them and helps each participant develop an individual spiritual plan putting us on the path to happiness, holiness and heaven.

Donation $40.00

Companions Along the Way (Virtual)
Wednesdays: Oct. 5, 19, Nov. 2, 16, 30, 6:00-8:00pm
Presenters: Jeanne Burmaster and Stephanie Clouatre Davis

In what ways do our prayer and our lived experiences intersect? How do we become more aware of the Holy Spirit moving and guiding us? Together in prayer and faith we will share the stories of our everyday lives. Sifting through the stories and circumstances of our life/world enables us to see everything through the eyes of faith. We all benefit, and blessings come to light when we have companions along the way. Come and join us!

Donation: $40.00

Advent Retreat in Daily Life
Virtual Opening Session: Sunday, Nov. 27, 2:00-4:00pm
Virtual Closing Sunday, Dec. 18, 2:00-4:00pm

This individually directed retreat is designed for those who cannot get away to a Retreat Center during this sacred time. During this Individually Directed Retreat, each retreatant will meet with his/her director weekly for four weeks in Advent. During their private spiritual direction session, the director will help the retreatant notice God’s presence within their prayer and their daily life, offering suggestions for the retreatant’s daily prayer.

Donation $40.00

FEBRUARY

Faith Companioning
(see inside for details)

Lenten Retreat in Daily Life
(see inside for details)

DECEMBER

Finding Advent Peace Sheltered in the Arms of Joseph and Mary
Friday, Dec. 2, 9:00-Noon at A.S.C.
Presenter: Jan Tate

Come and rest awhile in the silence to find new strength for the Advent journey. The morning of reflection will begin with shared prayer and song followed by a generous hour of silence and solitude with meditations to guide your prayer as you are led into the arms of Joseph and Mary for consolation and peace. Leave equipped by the Holy Spirit to face the worldly “rush” of the Christmas season. Eucharist celebrated at noon.

Donation: $30.00
APRIL

Finding God’s Mercy in Our Brokenness
Wednesday, April 19, 2023, 8:00 - 8:30pm at A.S.C. or
Friday, April 21, 2023, 10:00am – Noon (Virtual)

Presenters Sr. Gloria Murillo, S.T.J. and Stephanie Clouatre Davis
Join us to taste and come to understand the saving “Love of God” that frees us to find our true
dignity, value and identity.

Donation $30.00

Ways of Praying with Our Personality (Virtual)
Friday, April 28, 2023, 10:00am – Noon
Presenters: Sr. Gloria Murillo, S.T.J. and Bonnie Chase

This prayer workshop invites us to embrace the relationship between our
prayer and our personality types.

Donation $30.00

JULY

Silent Directed Retreat
(Archdiocese of New Orleans Retreat Center)
Five day silent, directed retreat.

Thursday, July 27, 2023 through Wednesday, August 2, 2023 by guest directors.

Register with A.S.C.
Donations for all programs can be adjusted. No one is turned away because of finances.

For information and/or to register for programs please contact:

Archdiocesan Spirituality Center
5500 St. Mary St., Metairie, LA 70006
(504) 861-3254

Register on the web
nolacatholic.org/asc

or email
archspirctr@archdiocese-no.org