

**Application and Interview for Listening with the Spirit:
Spiritual Direction Formation Program 2025-2027**

The Priory Spirituality Center
500 College Street NE
Lacey, WA 98516-5339
Sister Monika Ellis: (360) 438-2595
sr.monika.osb@gmail.com
Dr. Mary Pandiani: (253) 224-3110
mapandiani@gmail.com

Name_____

Address_____

City_____ State_____ Zip_____

Day Phone:_____ Cell Phone:_____

Evening Phone:_____

E-mail:_____

Religious Affiliation_____

Spiritual Direction/Companioning

As a Word document, fill in as much as you need to reasonably articulate your answer.

- How many years have you been in spiritual direction with a trained spiritual director?
- Are you presently in a spiritual direction or companioning relationship? Yes No
- How would you describe this spiritual direction relationship or past relationships?
- Do others come to you asking you to listen to them about their spiritual life?
- Describe or give an example of a meaningful listening connection from someone who has shared their spiritual life with you.

Review the qualities to be considered for spiritual directors. As you discern over the two-year program, you will learn and develop these qualities in greater depth. In your current understanding of yourself, **give an example of an area of strength along with a growing edge in both personal integration and competence at your interview:**

Qualities to be Considered for Spiritual Directors

Areas of Personal Integration

The journey of discovering your call as a spiritual director is exploring where integration is taking place. Personal integration is the movement towards wholeness and freedom.

- ability to be present and available to meet the other and to be met
 - mutuality of connection
- ability to trust one's inner responses to what the directee is saying and/or expressing
- ability to aid another to come to greater interiority and reflectiveness in all the events of life
- ability to recognize and value the meaningful events in the integration of a person's life
- ability to discern the movement and direction in inner experience
- capacity and ability to make good and sound assessments of self and the other –
i.e. strengths, growing edges and issues

Give an example of one area of strength and one growing edge from the list above.

Areas of Competence

The journey of competence is practicing the art of listening and reflection both for the other and self.

- ability to observe and take note of body language as a means of communication
- ability to listen and to hear what another is saying or trying to say
- ability to pick up feeling and emotional tone of another
- ability to pick up the energy of the directee and to find its tone and direction
- ability to aid another to recognize and name inner experiences
- ability to challenge and confront
- ability to encourage and support honesty
- ability to recognize and to be comfortable with directee's resistances
- ability to learn various skills and approaches which enhance the quality of the spiritual direction relationship and use them appropriately

From Institute for Spiritual Leadership, Chicago, 1991

Give an example of one area of strength and one growing edge from the list above.

- What attracts you to the possibility of being a spiritual director or companion?
- Describe your sense of call to spiritual direction ministry.

- The focus of our program is “Listening with the Spirit.” What does this mean to you in your lived experience?
- Describe different types of prayer you are familiar with and pray with.
- Describe your educational experiences in areas of personal and spiritual development. This would include but not be limited to spiritual classes, workshops, seminars, degrees related to religion, faith development and spirituality.
- What is your background in studying scripture, theology and psychology? These areas of study are not a requirement, only helpful where they serve you in spiritual development.
- What faith tradition(s) have you experienced and what tradition are you currently practicing?
- What has been your experience of a silent retreat?
- Give an example of how you are living out God's will.
- Describe your understanding of your discernment (ability to listen to the Holy Spirit with capacity to choose between multiplicity of possibilities) to be a spiritual director?
- To the best of your knowledge do you have any life issues that may require time or energy that would keep you from participating in some part of LWS?
- Have you taken the Myers-Briggs personality inventory? If so, what is your Myers-Briggs type and how does that inform who you are?
- Have you studied the Enneagram. If so, what is your Enneagram number and how does it inform who you are?

Spiritual Autobiography

In 4-6 pages double-spaced, do a brief spiritual autobiographical sketch. Include these elements in a descriptive and heartfelt way:

- Any significant spiritual experiences that has made an impact on your growth during childhood, adolescence, young adulthood, and middle and older years and what you learned from the experience?
- Your image of and relationship with God and your prayer style.
- Your experience of spiritual direction/companioning and its significance in your life.
- Whatever else you feel is relevant.

Please send a copy of the application and Spiritual Autobiography via email for the interview to be arranged: Mary Pandiani mapandiani@gmail.com

OTHER RELEVANT INFORMATION

- Spiritual Direction
 - If you do not have a spiritual director at this time, please call us for a list of local spiritual directors or look on Spiritual Directors International (SDI) "Seek and Find Guide." Being in a spiritual direction relationship for at least 6 months with a trained spiritual director is a requirement of this program.
 - While in the program, we recommend a minimum of once a month for the duration of the program.
- Fees: Program cost will be \$4,900 (Year 1 \$2,400; Year 2 \$2,500). At this time, we do not expect this to change.
- Process
 - Submit all information, plus a \$100 **non-refundable** application fee with either a check made out to The Priory Spirituality Center, or to pay electronically: call Janice at 360.438.2595 or email her at spiritualityctr@gmail.com.

Mail application materials & fee to:

Sister Monika Ellis
LWS Program
The Priory Spirituality Center
500 College Street NE
Lacey, WA 98516-5339

- Once accepted and after you send in your intent to join us, you will need to pay a \$100 deposit for the year that will count towards your tuition. You will be sent a payment plan form to complete.

- Application materials may be submitted as soon as completed and interviews will be scheduled in usually from February through May.
- The LWS program requires a minimum of 10 participants and a maximum of 16 participants. Because the program is dependent on the number of participants, we will let you know of your acceptance by May 2025.
- If you have questions about the application form/process or the program, please contact Sister Monika Ellis at (360) 438-2595 or sr.monika.osb@gmail.com
- Retreat Requirement
 - Before beginning this program, you need to have made at least one silent weekend retreat somewhere. As a contemplative program, we value cultivating silence into our lives.
 - The Priory Spirituality Center is available for a silent retreat.
- References for “Listening with the Spirit” – The Priory Spirituality Center’s Spiritual Direction Formation Program
 - Please ask **2 people**, from 2 separate categories below, to send references directly to us via email (see separate forms). These might be:
 - ☞ a person with whom you work or with whom you have worked who understands spiritual formation
 - ☞ a friend who knows you well and is especially aware of your spiritual life
 - ☞ your spiritual director
 - ☞ current or former teacher who understands spiritual formation
 - Invite the 2 people to send your reference to: Mary Pandiani mapandiani@gmail.com

Letter of Reference for “Listening with the Spirit”
The Priory Spirituality Center’s

12/17/24

Spiritual Direction Formation Program

Dear _____,

I am applying for “Listening with the Spirit” where I am exploring becoming a spiritual director at the Priory Spirituality Center. Would you please write me a letter of recommendation taking into account the criteria below:

Qualities to be Considered for Spiritual Directors

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From Institute for Spiritual Leadership, Chicago, 1991

Describe the applicant's strengths, limitations, ability to listen, and their level of commitment to follow through on the goals they have set for themselves. Please comment on their readiness for a two-year formation commitment.

Please submit the reference letter to the program facilitators for LWS formation program inviting them to send their letter to this address below or to the emails provided:

12/17/24

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