

## HOW TO APPLY FOR THE TRAINING PROGRAM

There are four ways to get an application packet.

1. Download the application packet at [www.carmelretreat.com](http://www.carmelretreat.com)
2. E-mail: [mwastag@carmelretreat.com](mailto:mwastag@carmelretreat.com)
3. Call Carmel Retreat at **201-327-7090**
4. Complete the bottom form and mail to:

**Carmel Retreat**  
**Attn: Michael Wastag, O.Carm.**  
**1071 Ramapo Valley Road**  
**Mahwah, NJ 07430-2406**

Deadline for application: July 1, 2010

A \$50 non-refundable application fee must accompany completed application.

The application form lists appointment times for required personal interviews.

The training program is held at  
Carmel Retreat  
Mahwah, New Jersey

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

**Carmel Retreat**  
**Spiritual Direction Training Program**  
**1071 Ramapo Valley Road**  
**Mahwah, NJ 07430-2406**

## Spiritual Direction Training Program at Carmel Retreat

### Fall 2010 — Spring 2011

Formerly known as the

**“Center for Spirituality and Justice”  
Basic Training Program  
in Spiritual Direction**



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**Carmel Retreat**  
**Mahwah, New Jersey**

## SPIRITUAL DIRECTION TRAINING

as developed by the  
Center for Spirituality and Justice

- Develops the practice and skills of spiritual direction through an instructional and experiential program involving supervision
  - Raises the consciousness of spiritual directors to integrate ways of transforming social and environmental structures into their own spirituality and that of their directees
  - Assists individuals to discern their ongoing call to this ministry
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## THE BASIC PROGRAM

### GOALS

- To assist participants in becoming aware that spiritual direction involves all dimensions of human life: individual, interpersonal, societal and environmental
- To raise the consciousness of participants concerning the search for justice in social structures as part of their spiritual journey
- To develop skills needed for spiritual direction
- To help participants gain facility in noticing interior movements by using the Spiritual Exercises of St. Ignatius Loyola and contemporary studies
- To foster a contemplative awareness of God's presence and action in all aspects of daily life

## ENTRANCE REQUIREMENTS

- Spiritual autobiography (5-7 typed pages double-spaced)
- Two letters of recommendation attesting to suitability for this ministry
- Ongoing personal spiritual direction
- Three or more persons as directees during the course of the program
- Personal interview prior to acceptance into the program
- Directed retreat experience

### FEES

\$2000.00 for an eight-month program which includes tuition (\$950), supervision (\$650), room and board for weekend retreats (\$250), and class materials (\$150)

### PROGRAM DESCRIPTION

- Participation in 17 seminars every two weeks on Tuesdays from 9:30 AM to 3:00 PM
  - Sessions begin September 14, 2010 and end May 10, 2011
  - Three hours of supervision each month with a staff member (*focus of supervision alternates between ongoing experiences as a director and one's interaction with a social structure*)
  - Participation in two weekend retreats one each semester
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*This is a non-residential program.*

## PROGRAM DIRECTORS

### **Michael J. Wastag, O.Carm.**

M.A., Mathematics, Eastern Illinois University  
M.Div., Washington Theological Union  
Former Director and Present Staff  
Carmel Retreat, Mahwah, NJ  
Executive Secretary (5 yr.)  
Carmelite Institute, Washington, DC

### **Kathleen A. Geelan**

R.N., St. Vincent's Hosp. School of Nursing, NYC  
B.A., Psychology, Ramapo College  
24 Master credits Fordam University GSRRE  
Supervisor and Trainer of Spiritual Directors

### **Deacon Pat Quagliana**

M.A., Christian Spirituality, Post Graduate Cert. in  
Spiritual Direction, Creighton University  
M.A., Pastoral Ministry, Seton Hall University  
B.A., Psychology, St. Peter's College, NJ  
Adjunct Professor, Imm. Conception Seminary  
School of Theology Seton Hall University  
Faculty, Inst. for Priestly Form., Creighton Univ.

### **Miriam Cleary, OSU**

M.S., Mathematics, Fordham University  
M.S., Pastoral Counseling, Iona College  
MTh., Spiritual Direction, Weston School  
of Theology  
Founder, Center for Spirituality and Justice  
Co-director of training program  
for spiritual directors overseas