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**[Click here to fill out an application.](#)**

June 2017

## STUDENT EXPERIENCES

*I have participated in the BSFP via the internet for two years and have had experience of the God connection with others in the classroom and the teachers despite the physical distance. The distance was of no consequence for me as I felt included and had contact with other class mates in chat rooms and benefited from weekly spiritual conversations with one of the course leaders, Mary Ann. I found the course has nourished me by offering different perspectives on the face of God and my participation has I believe, aided my own spiritual growth. It has also equipped me to begin helping others on their journey by giving me guidance in facilitating spiritual conversations. I highly recommend this course to anyone interested in their own spiritual development and in helping others, no matter where they are geographically.*

-Alison Morgan, Online Australia (2013)



*The self-awareness I have gained has helped me see more clearly my own authenticity through a magnified vision of my gifts and shadow. It has helped me see that my journey is not about being perfect, rather a journey to wholeness through the integration of all that I am. I am a beloved child of God. Through the challenge of reflection I have been able to create a more meaningful and enriched life not only in the context of a belief system but as a citizen of God's creation on earth.*

-Kathleen Emry, Seattle, WA

Sisters of Benet Hill Monastery



**GLOBAL**  
**ONLINE**

**BENEDICTINE**  
**SPIRITUAL**  
**FORMATION**  
**PROGRAM**



*Classroom without walls...*

***Benedictine Hospitality,  
Spirituality and Community  
for people of all faiths  
and cultures.***

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## GLOBAL ONLINE BENEDICTINE SPIRITUAL FORMATION PROGRAM

*The Global Online Benedictine Spiritual Formation Program allows people from around the world to connect with others seeking spiritual awakening or spiritual enrichment. It is open to all faith traditions. This two year program is designed to meet the needs of individuals in today's world needing flexibility and the ability to be creative in managing the study aspect of the program. The core path of this program is encouraging each person to new life and a changed vision in living their spiritual life personally and with others.*

*This spiritual formation program, without walls, includes those who may have a disability or physical limitations which has left them homebound or unable to attend classes at our other sites.*



### **THE PROGRAM**

- ▶ Broadens awareness of other faith traditions.
- ▶ Cultivates the desire for contemplative living and prayer
- ▶ Provides a safe, confidential and sacred space to unravel the mystery of your spiritual life story
- ▶ Intentional movement toward a compassionate pattern of living rather than a competitive driven attitude of life.
- ▶ Educates participants to be spiritual directors and or use this information in their present ministry of life work.
- ▶ Sharing the wisdom of the Benedictine tradition/values and life application now in the 21st century contemporary world
- ▶ Enriches the lives of all participants

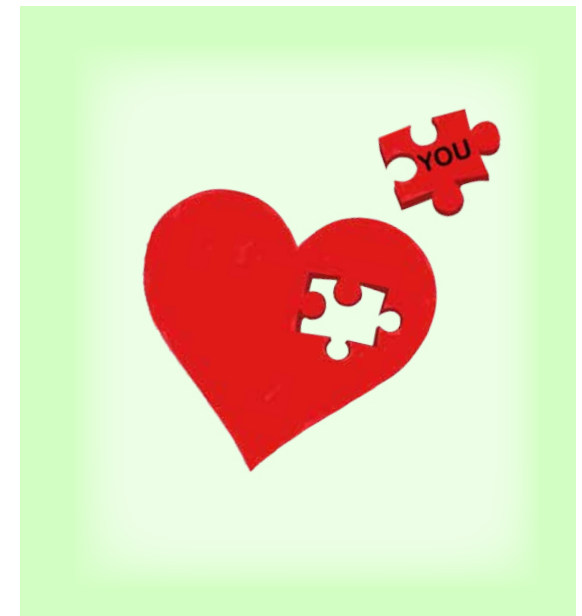
### **Class Requirements:**

- ▶ Participate in monthly group process
- ▶ Meeting biweekly with assigned facilitator
- ▶ Completes Monthly Learning Module
- ▶ Meets with Spiritual Director monthly
- ▶ Application of learning integrated into action in your community.



### **Year One (September to June)**

*The first year curriculum invites the student to examine the experience of their lives through a variety of methods; study of prayer in its various forms, adapting a contemplative life style, spiritual disciplines that nourish your spiritual journey, creating a rule of life, and holistic spirituality, forgiveness, suffering and healing and cultivating a heart of compassion. Each of these methods leads toward a fuller understanding and transformation of self.*



## Apply Now!

### **Year Two (September to June)**

*The second year provides further education and practical skills for spiritual direction and related ministries and or life work. Supervision and mutual discernment are integral parts of year two.*