



REDEMPTORIST RENEWAL CENTER *at Picture Rocks*

The Hesychia School of Spiritual Direction ...

Hesychia means “**watchful, inner stillness, silence**” and in keeping with the spirit of *Hesychia*, we offer contemplative study and practice designed to prepare lay professionals, clergy, and vowed religious for a ministry of spiritual guidance within the diverse milieu of contemporary life.

Hesychia School Of Spiritual Direction

Hesychia School of Spiritual Direction is established for people who are called to the ministry of spiritual direction—accompanying people as they trod their unique and God-given spiritual path. The course, which comprises a set of four-week retreats, blends lectures with experiential prayer and reflection, and includes over 16 hours of practical, hands-on experience in giving spiritual direction.



Hesychia graduates 2005

Statement of Purpose

We are committed to preparing spiritual directors through in-depth study, peer learning, and spiritual mentoring to serve the growing community of women and men, from all walks of life and all religious traditions, who seek the guidance of the Spirit.

The cost to attend the Hesychia School of Spiritual Direction is \$985.00 per retreat week for residents staying at the Redemptorist Renewal Center. Commuters pay \$750.00 per retreat week. A non-refundable deposit of \$150.00 (applied toward the first retreat week) is required from participants once they are accepted and decide to attend.

The Hesychia School consists of four one-week-long retreats, which can be taken all within one season or in separate modules. Each retreat week focuses on a specific theme and is designed to deepen the participants understanding of spiritual direction. Each week contains several hours of practicum, which includes teaching, discussion and opportunities to practice spiritual direction in a supervised setting. Completion of all four retreats is required to qualify for a Certificate of Completion.

For more information about Hesychia School, please contact us: Teresa Blythe (520) 290-6734 or the Redemptorist Renewal Center, 7101 W. Picture Rocks, Tucson, AZ 85743 (520) 744-3400; E-mail Teresa Blythe: teresa@teresablythe.net, or office@desertrenewal.org. Website: www.desertrenewal.org/hesychia