



## Exploring Your Spiritual Journey

### WHAT EXPLORING YOUR SPIRITUAL JOURNEY (EYSJ) DOES...

The *Exploring Your Spiritual Journey (EYSJ)* Program is for any person who is seeking to understand God's work in their life. If you feel there is more to life than day-to-day living, then EYSJ may help you discern how God is calling you to live.

*Exploring Your Spiritual Journey* is a discernment process that responds to the calling of the Holy Spirit who calls you and all baptized people, lay and ordained, into ministry. The inclusion of people discerning a direction in lay ministry in the world, together with those who sense a call to ordained ministry with The Church, enriches the process for everyone. This diverse cohort supports all who seek a focused and deepened ministry to serve as Jesus taught.

During the *Exploring Your Spiritual Journey (EYSJ)* year, in the midst of a Christian community, you will walk with a group of fellow seekers reflecting on God's call and on what it means to keep covenant with God. Reflection and prayer lie at the heart of this program, through which all are led to a closer walk with God, in quietness to hear what God is asking. In this community you will share a common life of discernment and exploration. You will reflect on your spiritual journey, identify your spiritual gifts and determine the resources, training and experience you will need to effectively carry out the unique ministry you have discerned.

Throughout, you will have the support and guidance of facilitators (both lay and ordained) and a spiritual director. Most important of all, you will have the affirmation of this community of students who are walking with you on this journey. Participants are also expected to have the support of their rector, vicar or priest-in-charge.

## HOW EXPLORING YOUR SPIRITUAL JOURNEY (EYSJ) WORKS...

The EYSJ Program begins with an orientation retreat session. During this session you will begin to get to know one another, agree to the set dates for the fifteen (15) sessions and choose a meeting place. This orientation usually takes place at the Whitaker Institute retreat referred to as "EYSJ Opening Retreat." This first session brings the class together as a group, building community and offering support as each participant is encouraged to reflect on where you have come from and where you are going. At the end of eight to nine months together you may have another opportunity to gather as a community at a closing workshop. The EYSJ group meets approximately every two weeks. It is expected that all participants will attend all sessions, with minimal planned absences. Each session opens and explores diverse and creative ways of worship. Following worship, time is taken for each member to "check-in" and to share with the others what has been happening in his or her life since the previous meeting.

There will also be opportunities to speak with others who are serving in the laity and in ordained orders, and to explore one's spiritual journey through scripture, tradition, stories and prayer.

Within the first month you will select a **spiritual director**. You will be guided in determining what to look for in a spiritual director and how to find one. This is a vital personal relationship within the EYSJ Program. The Whitaker Institute provides a list of approved spiritual directors but does not supervise this personal relationship. The student and the spiritual director will agree on a (customary) per-session or hourly fee, which is not included in the EYSJ tuition.

You will be required to do assigned reading, write reflection papers, share with the group the story of your spiritual journey, conduct interviews of a priest, deacon and lay minister and prepare a learning plan. You are encouraged to take no other classes during the year so that you have time for reading assignments, prayer, journaling, reflection and for developing a personal spiritual discipline.

At the end of the year you will have a better understanding of what God is calling you to do. You will have developed the beginning of a **learning plan** which will include an assessment of what you already bring to ministry, as well as describe the tools and skills you will need to develop and how that might be accomplished. You will meet with the Whitaker staff and together you will make a decision whether continuing education should take place within Whitaker or in other ways.

### ***HOW TO APPLY...***

Applications are accepted throughout the year. The application form must be submitted with a \$50 non-refundable application fee. This fee will be applied to the student's tuition once the student is accepted. An interview with the Director of the Whitaker Institute will be arranged before the Opening Retreat, usually within one month of submitting the application. Upon acceptance into the program a payment of \$150 registration fee towards tuition must be received by the Opening Retreat in early September.

### ***HOW TO PAY...***

The tuition for the Exploring Your Spiritual Journey program is \$1,000. This is payable several ways:

1. Monthly payment, due the 10th of each month (\$50 application fee and \$150 registration fee due SEP 10, \$100/month from October through May).
2. Half tuition due at the beginning (SEP 10) and half due mid-way in the program (JAN 10).
3. Another payment plan arranged with the Whitaker office in advance.

The \$1,000 fee includes the program costs, the EYSJ peer group meetings, administrative services, the Opening Retreat and Celebration, Whitaker Institute's end of year gathering in early June at the Cathedral Church of St. Paul. This fee does not cover mandatory spiritual direction. The student is responsible for any fees contracted with their spiritual director.

There are **limited** scholarship funds available. We ask students to first approach their own congregation for support for their studies through Whitaker Institute. Scholarships will be awarded in the order of applications received until the funds are depleted. If you are interested in a scholarship please complete the common scholarship application from the Whitaker Institute office at 313.833.4412.

Students are expected to make their financial arrangements by the end of the Opening Retreat. If a student is unable to make a payment due to changed financial circumstances, that student is expected to contact the office **immediately** to discuss the situation. New arrangements will then be put in writing and the student will be expected to fulfill those obligations.

**IMPORTANT:** Students whose accounts are not current will be ineligible for the services of the school and participation in Celebration until those accounts are paid in full. This includes class work, peer group meetings, administrative services and continuation in any of the other diocesan programs.



Episcopal Diocese of Michigan 4800 Woodward Avenue, Detroit, MI 48201-1399

The Rev. Vicki Hesse, Director, [vhesse@edomi.org](mailto:vhesse@edomi.org) (313) 833-4412