

STUDENT TESTIMONIALS

"The program on all levels surpassed any expectations I had. This program helped me personally in a very deep and transformative way. I believe the level of information and learning is different than other spiritual programs I have attended due to the depth of introspection into all areas of one's being. Everyone should take this course! It is truly transformational!"

"Our group has become like a large family! We eat, laugh, cry, and sing together. We have formed a trusting bond with each other — a mark of a well-run program!"

PROGRAM DIRECTORS

Kathleen Hope Brown, D.Min. is Director of Pastor Care Services at the Saint Luke Institute. She teaches spiritual direction and courses in spirituality at Virginia Theological Union. Her doctorate in Adult Spiritual Formation is from Catholic University.

Sr. Bernadette Claps, a Sister of Bon Secours, provides spiritual direction at the Retreat Center. She holds graduate certificates in Spiritual Direction, Spirituality, and Aging. She has a Master of Social Work degree.

BON SECOURS SPIRITUAL DIRECTION INSTITUTE



REGISTER ONLINE



- **BonSecoursRCC.org**
- Attend a Retreat (tab)
- Upcoming Retreats (dropdown)
- Find your session date
- Submit online registration form

REGISTER BY PHONE

- Call 410-442-3120
- 7 days a week, 8am-8pm
- Provide contact info & credit card

LEARN MORE

- 📍 Located in Marriottsville, MD
- 📞 410-442-3120
- ✉️ Bernadette.Claps@CBSParis.org
- 🌐 www.BonSecoursRCC.org/spiritual-direction-institute



The Art & Skill of

Spiritual Direction & Companionship



BON SECOURS SPIRITUAL DIRECTION INSTITUTE



WHAT IS SPIRITUAL DIRECTION?

Spiritual Direction/Companioning has a centuries old history and can be found in many faith traditions.

Spiritual direction or spiritual companionship is a process guided by the Holy Spirit in which two people enter into a unique conversation. The spiritual director is trained to listen in a particular way to hear where God is present and acting in the life of another. This “holy listening” approaches each person’s life and story as sacred.

Bon Secours Spiritual Direction Institute is an intensive training and formation program for those who feel that they may be experiencing this call or simply want to deepen their spirituality. Participation in the program can also help individuals discern if they are called to this ministry.

The program is grounded in the Christian tradition and the charism of the Sisters of Bon Secours, which is Compassion, Healing, and Liberation.



PROGRAM OVERVIEW

The Bon Secours Spiritual Direction Institute is a training program in the art and skill of spiritual direction, held at the beautiful Bon Secours Retreat & Conference Center in the rolling hills of Central Maryland.

Over the course of a year, participants gather three times, each time for an intensive week.

The program includes a combination of presentations, discussions, and interactive exercises. Between sessions, participants complete readings and assignments.

A certificate of completion is awarded upon completion of the entire program, which includes the three week-long sessions and the required course work.

PROGRAM TOPICS

Introduction to Spiritual Direction

Spiritual Companionship

Prayer

Discernment

Spiritual Life of the Spiritual Director

Grief and Loss



PROGRAM DATES AND COSTS

**NOW ENROLLING FOR
COHORT 7**

September 28–October 3, 2025

April 19–April 24, 2026

September 27–October 2, 2026

Participants attend all 3 sessions

OVERNIGHT OPTION – recommended
\$1500 for each week

includes lodging, all meals, hospitality

COMMUTER OPTION
\$1250 for each week

includes lunch, dinner, hospitality

VIRTUAL OPTION
\$1250 for each week

participants attend on Zoom in real time

Formal acceptance into the program requires additional paperwork which will be provided once you have registered.