

Discernment Process for Formation as a Bridges Prayer Companion

1. **Receive** the Spiritual Exercises of St. Ignatius of Loyola according to the 19th or 20th annotations.
2. **Participate fully** in the Magis “Dynamics of the Spiritual Exercises” small group. (One absence is allowed per semester.)
3. **Begin meeting regularly** with a spiritual director. For assistance in finding a spiritual director, contact Marian Love, facilitator of Prayer Companion Training and Chair of New Prayer Companion Review Committee, at: flourishfaith14@gmail.com.
4. **Apply** for entrance into the Prayer Companion Training Program:
 - ✓ After fully participating in “Dynamics of the Spiritual Exercises” Magis small group, complete the forms for application into the Prayer Companion Training Magis small group.
 - ✓ Application for entrance into the Prayer Companion Training Program includes two letters of recommendation. These letters may come from your Bridges Prayer Companion, your spiritual director and/or another appropriate source. The form for these letters is included with the application form and will be distributed at the spring Magis gatherings. All forms are available online at: <http://bridgesfoundation.org/program/s/prayer-companion-training>.
5. **Complete application** by June 1st of the year of entry and send to: Marian Love, Chair, New Prayer Companion Training Program, 709 Wickerleigh Terrace, Fenton, MO 63026.
6. **Review of the Application:** The New Prayer Companion Review Committee includes the Facilitator of the Prayer Companion Training Program (Marian Love) and two other members who are First Year Prayer Companion Mentors. The committee will review your application and recommendation letters. The process may include consultation with the applicant’s Bridges Prayer Companion and facilitators of Magis small groups.
7. **Interview:** All applicants will be interviewed by the Chair and another designated member of the Review Committee.
8. **After prayerful consideration** and interview, the review committee will determine the applicant’s readiness to enter the Prayer companion Training Program. Notification of acceptance will be timely. See alternative.*
9. **With acceptance** into the Magis Prayer Companion Training small group:
 - ✓ Participate fully (one absence allowed per semester) in the Prayer Companion Training Program small group and continue with spiritual direction.
10. **Apply** for entrance into the Mentoring Program as First Year Prayer Companion.
 - ✓ NEEDED: recommendation from the Review Committee and endorsement from the instructor indicating the person has a clear understanding of the dynamics and structure of the Spiritual Exercises.
 - ✓ The application indicates the commitment to and preferences for companioning in the Bridges Retreat in Daily Life as a First Year Prayer Companion and assignment will be to the sites that meet weekly as a large group.

- ✓ A First Year Prayer Companion will meet regularly with the assigned mentor; mentors are available beyond the first year, if requested.

11. A Second Year Prayer Companion will participate fully in the Peer Consultation/Supervision Magis small group.

12. All prayer companions are expected to have a spiritual director and ongoing formation. This can include various means, including participation in Magis.

***Alternative to full participation in the Bridges Prayer Companion Training Program:**

If the applicant has experience as a spiritual director and/or background in companioning Ignatian retreats, the person will complete an application (#4. above) to include a copy of spiritual direction certification and/or description of courses and experiences in Ignatian spirituality.

After the interview, if applicant is deemed to have substantial preparation in spiritual direction and Ignatian spirituality, the New Prayer Companion Review Committee may decide to waive partial participation in the three-year process for becoming a Bridges Prayer Companion.

**Magis – Greater
Understanding, Love, and Service**

The objectives of the program are four-fold:

1. Deepening the prayerful experiences of participants in the Ignatian Way.
2. Facilitating a sense of connection and community through monthly gathering and small group sharing.
3. Enhancing the learning and understanding of the spiritual and psychological movements of the Spiritual Exercises of St. Ignatius of Loyola.
4. Discerning, learning, and practicing to be witnesses to Ignatian Spirituality and, for those who are called and discerned to be ready, formation as a Prayer Companion.



Revised 2020



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Bridges Foundation Mission Statement

Bridges Foundation offers opportunities to anyone seeking to deepen their relationship with God and God's people through ongoing formation grounded in the experience of the Spiritual Exercises of St. Ignatius of Loyola in Everyday Life.

The formation of Prayer Companions is a primary function of this mission. It is accomplished within the Bridges Foundation Magis program.