



THE JESUIT  
RETREAT CENTER  
OF LOS ALTOS

## THE PIERRE FAVRE PROGRAM

2023-2024

A THREE-YEAR PROGRAM THAT TRAINS PEOPLE TO BE DIRECTORS OF  
THE SPIRITUAL EXERCISES OF SAINT IGNATIUS OF LOYOLA

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The Pierre Favre program is a three-year training program to give the *Spiritual Exercises* of St. Ignatius of Loyola. The program is named after St. Pierre Favre who was recently canonized by Pope Francis. Often called the "Second Jesuit," Pierre Favre was a close friend of St. Ignatius of Loyola and St. Francis Xavier, and the man who Ignatius said could best direct people through the *Spiritual Exercises*.

*I can hardly find words to tell how fully I realize that my soul and my way of thinking have been changed by those very Spiritual Exercises, that my mind has been enlightened by new rays of grace from heaven and that I have been imbued with a certain strength, so much so that in the overflow of the divine blessings into even my body I am completely invigorated and seem to be changed into an entirely new man.*

**St. Pierre Favre, S.J.**



### *How The Program Works*

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The program provides an in-depth learning of the *Spiritual Exercises* that combines critical examination of the text of the *Spiritual Exercises* and other Ignatian writings, experiential reflection, and a practicum in giving the *Spiritual Exercises*. Participants will become highly familiar with the *Exercises* and will be able to competently give the *Spiritual Exercises* in its various forms by the time they graduate from the program.

Each year has its own focus and dynamic that contributes to the integrated vision of the training program.

#### *Year One*

The first year focuses on the life and legacy of St. Ignatius of Loyola, an introductory survey of Ignatian spirituality, and a careful analysis of the text and reading of commentaries on the *Spiritual Exercises*. The purpose of this year is to provide students with a solid foundation of the *Spiritual Exercises*, serve as a means of personal spiritual growth, and serve in preparation for directing the *Spiritual Exercises*.

#### *Year Two*

The second year focuses on integrating the learning of the first year with a deepening critical reflection of one's experience of the *Spiritual Exercises*, with the aim of preparing the participants to effectively give the *Spiritual Exercises* in their third year. They will gain practical insights into directing the *Spiritual Exercises*, learn the structure and dynamics of the *Exercises*, spiritual accompaniment, discernment, and practical applications.

## *Year Three*

The goal of the third year of the Pierre Favre Program is to equip and assist students in their giving the 19th Annotation Retreat of the *Spiritual Exercises*. Through seminars, reflection, and supervision, participants learn how to listen in a helpful way to the activity of God in the prayer of those whom they direct. Classes will combine theory and practical application to the practice of directing the 19th Annotation Retreat through presentations, group discussion, role plays, case studies, and journal exercises.

## *Schedule*

Classes are held at The Jesuit Retreat Center of Los Altos two Sunday afternoons each month during the academic year, starting in mid-September and ending in mid-May. Classes are normally from 2 p.m. to 5 p.m.

## *Dates for 2022-2023*

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| <b>Morning of Prayer &amp; Class One</b>   | September 10 – 10:00 am - 5:00 p.m. - <i>includes Mass &amp; lunch</i> |
| Class Two                                  | September 24   |
| Class Three                                | October 8  |
| Class Four                                 | October 22 – <i>followed by a reception and dinner</i>                 |
| Class Five                                 | November 5   |
| Class Six                                  | November 19  |
| Class Seven                                | December 10  |
| <b>Morning of Prayer &amp; Class Eight</b> | January 7 – 10:00 am - 5:00 p.m. - <i>includes Mass &amp; lunch</i>    |
| Class Nine                                 | January 21   |
| Class Ten                                  | February 4   |
| Class Eleven                               | February 18  |
| Class Twelve                               | March 3 – <i>followed by a reception and dinner</i>                    |
| Class Thirteen                             | March 17   |
| Class Fourteen                             | April 7  |
| Class Fifteen                              | April 21   |
| Class Sixteen                              | May 5 – 1:30 pm - 2:45 pm  |
|  | <b>Commencement Liturgy &amp; Reception – 3:00 pm</b>                  |

## *Prerequisites for the program*

Participants are expected to have made the full *Spiritual Exercises* of St. Ignatius, individually directed, either in the 30-day or 19th Annotation format. They should be in regular spiritual direction with a director trained in the Ignatian tradition.

## *Cost*

Tuition is \$1,600 per year.  
This includes texts, instructions, handouts, and meals.  
Limited scholarship assistance is available.

## *For more information, contact:*

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THE IHS IN THE SUNBURST ARE THE FIRST THREE LETTERS  
OF JESUS' NAME IN GREEK - IOTA, ETA, SIGMA.  
EARLY IN THE HISTORY OF THE SOCIETY OF JESUS,  
THIS BECAME PART OF THE SYMBOL OR "LOGO" OF THE JESUITS.