

Encounter  
leads to  
mission, to  
sharing what  
we have  
received,  
and mission  
leads back to  
encounter in  
an expanding  
cycle of *grace*.

# an army of spiritual MENTORS



“My dream  
for the  
Archdiocese is  
to be able to  
awaken in the  
hearts of many  
a yearning for  
holiness. If  
we are able  
to succeed in

this area, we will need an army of  
Spiritual Mentors who will be trained  
to help guide and assist others in  
developing a rich life of prayer. I  
am very grateful for the presence of  
the Apostles of the Interior Life in  
the Archdiocese with their special  
charism and expertise in the area of  
Spiritual Direction. I am thrilled with  
their willingness to help form others  
to be Spiritual Mentors.”

—Archbishop Naumann

# forming you to form others in the interior life

In collaboration with Holy Family School of Faith, the AVI Catholic Spiritual Mentorship Program is a two-year course of study combining eight distance learning courses with four one-week intensive sessions offered in-residence at Savior Pastoral Center in Kansas City, Kansas. The program aims to form Spiritual Mentors to serve as guide and companion to others on their journey to holiness. It is designed for Catholics who have a desire to develop a deep prayer and sacramental life, a desire to increase their knowledge of the Catholic faith, a desire to grow in the virtues and a desire to help others do the same.

# guide & companion

As guide and companion to another on his or her journey to holiness, a Spiritual Mentor is someone guided by the Holy Spirit in strictly following the teachings of the Church while teaching and supporting the mentee in spiritual matters.

A Spiritual Mentor is one formed to:

- pray for the mentee as well as for the relationship with the mentee
  - listen to God and to the mentee
  - meditate daily on the Word of God
  - protect confidentiality
- advise the mentee on the significance of the sacraments
- teach the mentee how to prepare for an intimate and open presentation of self to God in the Sacrament of Reconciliation and the value of thanksgiving after Reconciliation
- teach the mentee how to prepare for and receive the Eucharist and the value of thanksgiving after Mass
  - share the teachings of the Church on faith and morals
- teach how to make decisions and choices according to the Church's tradition and morals
  - grow in the virtues
- help the mentee formulate a rule of life
  - speak out on the various states of life
- support the mentee in his or her state of life and vocation
  - console the mentee in difficult or challenging times
  - hold the mentee accountable for suggestions given

# two-year journey

The AVI Catholic Spiritual Mentorship Program is a two-year course of study combining eight distance learning courses with four one-week intensive sessions offered in-residence at Savior Pastoral Center in Kansas City, Kansas. The four in-residence session topics are: Prayer, Liturgy and Sacraments, Virtue and the Moral Life, and Discernment. The cost for each session is \$1750 and includes two distance learning courses, one-week in-residence session, course materials for that session and room and board during the in-residence session. Visit our website for our next in-residence session dates.

[www.apostlesofil.com](http://www.apostlesofil.com)

[www.schooloffaith.com](http://www.schooloffaith.com)

# distance learning

**Catechism Part I.** This course is designed to provide a thorough formation in part I of the Catechism. This course will cover the basic doctrines of the Catholic Faith, their basis in divine revelation and their practical application in Christian life. Topics discussed include Trinitarian theology, creation, salvation history, ecclesiology, Christology, soteriology, divine revelation, Mariology, and Catholic spirituality.

**Prayer & Spirituality.** Christian life is lived in relationship with eternal Persons, one God: Father, Son, and Holy Spirit. From the doctrines (creed), participation in the mysteries (liturgy and sacraments), and use of our freedom (morality) flows a call to continual communion with the Persons of the Trinity (CCC #2558). This continual communion and relationship is lived in prayer and in service to our neighbor. This course serves as an overview of “Part IV” of the Catechism of the Catholic Church.

**Catechism Part II.** This course is designed to provide a systematic and thorough understanding of the Liturgy and Sacraments as articulated in Part II of the Catechism. Course content overviews liturgy and sacramental theology; the sacraments of initiation; sacraments of service; sacraments of healing; development of virtue; and foundational moral principals.

**New Testament: Life of Christ.** This course is an overview of the structure, themes, message and content of Matthew's gospel which will more deeply investigate the fulfillment of God's covenants and promises in Jesus the Christ, as Son of David; investigating more deeply Jesus' identity, the meaning of the Kingdom, the eschatological significance of the Temple, and the great commission...serving as a foundation for ensuing courses in ecclesiology.

**Virtue.** The course begins with an analysis of human flourishing/happiness and introduces the concept of virtue as its indispensable condition. The entire Christian life is then presented according to the Cardinal, theological virtues and the commandments as stated in the Catechism. Since virtue demands balance, a special emphasis is placed on properly distinguishing and harmonizing grace/nature, terrestrial pursuit/heavenly ambition, soul/body, self/neighbor, and individual/community within the pursuit of holiness.

**Theology of the Body.** John Paul II brought about a powerful revival in the Catholic discussion on the meaning of the human body created male and female. In light of Christ's statements on marriage and divorce and the original intent in Eden, this course serves as an overview to understand the task (TOB #59) God has assigned every man and woman in the grace of Christ to spiritually mature and be made capable of recognizing the spousal meaning proper to the body. Raising our eyes beyond merely human horizons and towards the eternal, the Pope's insights as well as the principles taken from other official Church documents will then be applied to more specific issues.

**Salvation History I:** This course is an introduction to the basic biblical structure, genres, and theological significance of Sacred Scripture. Using the narrative approach, the course follows the story of God's people

from Genesis to the establishment of the Davidic kingdom. Throughout the presentations, particular attention is paid to critical terms and concepts, as well as the necessity for internalizing the word of God through both prayer and apostolate.

**Salvation History II:** A continuation of Salvation History I, beginning with the decline of the Davidic line and the division of the kingdom of Israel. The histories of the Northern and Southern tribes are then recounted, culminating in the Assyrian and Babylonian invasions, respectively, followed by the time in captivity, the return of the Jews to their home, their efforts at restoration, and the revolution of the Maccabees. Throughout, care is taken to integrate the various historical, prophetic and wisdom texts in each phase of the story. The course concludes with a consideration of messianic fulfillment of the old Testament in the life, death and resurrection of Jesus Christ.



# in-residence sessions

**Prayer.** This in-residence session is designed to unpack for the students the essentials of Christian prayer and spiritual growth, drawing heavily upon Scripture and the Church's rich spiritual tradition, as well as sound Christian anthropology. The session includes practicums on the basics of Spiritual Mentorship and establishing a prayer life.

**Liturgy & Sacraments.** This in-residence session is designed to deepen the students' understanding of the sacraments of the Church. After intensive catechesis on the elements, efficacy, and effects of the sacraments in general, all seven sacraments are treated individually, with particular emphasis of pastoral questions that frequently arise in the context of Spiritual Mentorship.

**Virtue and the Moral Life.** An integral part of spiritual growth is the development of virtue, which facilitates human cooperation with grace in daily living. After a recap of the landscape of the interior life and the human person's capacity for supernatural life, the session will provide an extensive overview of the virtues, with particular emphasis on the theological virtues, the gifts of the Holy Spirit, and selected human virtues, including the four cardinal virtues. The session includes practical, intensive training on pastorally addressing difficult moral issues in the context of mentoring others' virtue development.

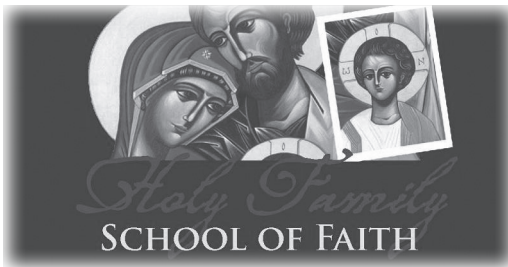
**Discernment.** What is God asking of me? One cannot answer this question without discernment. This in-residence session seeks to give the student the tools that allow them to identify various and particular ways through which the Holy Spirit speaks to them. This in-residence session immerses the student in the basic principles of discernment, including a discussion of concepts such as growing in self-knowledge, interior indifference, how to make the most out of one's own Spiritual Direction journey and how to support others in their vocation. The presentation includes engaging case studies that illustrate these concepts.

# le apostole della vita interiore

The community of the Apostles of the Interior Life is constituted by consecrated women who, following the inspiration of the founder, Father Salvatore Scorza, dedicate their lives to God and to a direct apostolate of evangelization which has its goal in the interior formation and spiritual assistance of persons. In 2003, the men's branch of the community was formed from the same charism and founder. These men are priests. Next to these two communities, a lay movement, Collaborators of your Joy, was also born – men and women of every age who desire to live the same charism according to their state in life.



# holy family school of faith



School of Faith is a public association of the faithful that provides ongoing

adult catechesis at schools and parishes throughout the Archdiocese of Kansas City in Kansas. Programs stress the call to prayer, virtue, and holiness of life, with a particular emphasis on mentoring those who have the responsibility to teach the faith to others.

# encounter *his* thirst

The Apostles of the Interior Life (Le Apostole della Vita Interiore, AVI) in collaboration with Holy Family School of Faith are pleased to offer a two-year program forming you to form others in the interior life. We invite you to explore and discern if He is Calling you to leave your water jar and say to His people "Come, see..."



The Catechism of the Catholic Church teaches: "If you but knew the gift of God!" (Jn 4:10). The wonder of prayer is revealed beside the well where we come seeking water: there, Christ comes to meet every human being. It is he who first seeks us and asks us for a drink. Jesus thirsts; his asking arises from the depths of God's desire for us... God thirsts that we may thirst for him.

Massimo Camisasca explains that once we encounter the thirst of Christ we cannot keep the experience to ourselves. We want to communicate it and live it again with those who have been placed in our care or on our path. He describes the encounter as one that in an instant fills us with profound peace, but at the same time never gives us peace again. We are filled with a restlessness that can only be satisfied by the grace upon grace that comes through sharing what we have received.

Preparing mentee to become mentor, the AVI Catholic Spiritual Mentorship program offers formation and direction for the soul that longs to go forward in loving service to the Lord.

Ask God if this is His will for you, be still and listen for that wee small whisper.

# prayer to the holy spirit

Come O true light.  
Come hidden mystery.  
Come treasure without a name.  
Come endless happiness.  
Come sun that does not set.  
Come, power that creates and recreates  
and transforms everything.  
Come you who desired and desire my soul  
Come my breath and my life,  
consolation of my soul,  
my joy,  
my glory,  
come without end.

St Simeone of Jerusalem

# contact us

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*le apostole della vita interiore*

CATHOLIC *S*PIRITUAL MENTORSHIP

FORMING YOU TO FORM OTHERS IN THE INTERIOR LIFE