



Listening Hearts

Certificate Program for Trainers of Discernment Groups

Overview

This program prepares facilitators to train discernment groups in their own faith communities. The training begins with a twelve-week distance-learning portion and culminates in a four-night overnight residential segment at a retreat facility.

Intended Audience

Spiritually mature leaders committed to the principles set forth in *Listening Hearts: Discerning Call in Community*. Each training group is limited to six participants.

Summary of Content

A twelve-week distance-learning schedule includes reading, study, prayer, meditation exercises, and group reflection. Reflections are shared on-line with the other members of the group, including the mentor. The weekly assignments require an average of roughly two hours.

The residential portion consists of communal meditation exercises, workshops on the practical aspects of training discerners, and a series of discernment sessions, each followed by a reflective review of the session for the purpose of gaining insight into what contributes to a fruitful time of group discernment.