



Practical training course for Facilitators of Discernment in Common (ADC)

Accompanying Discernment in Common: this is a new way of walking together within the Church to put into practice a form of prayer that leads to spiritual conversation and communal discernment. To accompany is to facilitate the experience of a group of people who, together, seek to deepen their understanding of their identity, their callings and their decisions in the light of the Gospel, following the principles of discernment in Ignatian spirituality.

Target audience:

The course is aimed at participants (lay people, men and women religious, and priests) who have some experience of accompanying, guiding and building teams within lay, religious, parish or diocesan communities... and who wish to learn about and grow in communal spiritual discernment, through both theory and practice, whilst creating a learning community together. It is helpful for participants to have experience of sharing, facilitating or guiding in groups or communities, and to share a desire to be trained as companions and facilitators of communal discernment.

Dates: The course consists of two parts, lasting three and four days respectively, in the final quarter of 2026.

Important note: participants must commit personally to attending both parts in order to enroll on the course:

First part:

- Arrival: Friday 9 October between 4.00 pm and 6.30 pm
- Departure: Monday 12 October after lunch, which is served at 1.30 pm.

Second part:

- Arrival: Friday 4 December between 4.00 pm and 6.30 pm.
- Departure: Tuesday 8 December after lunch, which is served at 1.30 pm

Course methodology and content: The course content is spread across the two parts of the course. There will be time for theoretical training and time for practical activities that foster a process within the group of participants and help them to understand what happens within a group during the discernment process. As part of this process, the course includes times for personal and communal prayer, as well as daily Mass.

The course content, which will be divided between the two parts, is as follows:

- **From conversation to conversation in the Spirit.**
 - Types of spiritual conversation: open and guided.
 - Conversation in the Spirit:
 - Personal prayer – levels of silence
 - Levels of listening to the Gospel: active and vulnerable listening
 - Levels of sharing in a group.
 - A practical methodology for spiritual conversation on three levels: personal prayer, small group and plenary session

- **The Ignatian tradition of discernment.**
 - What is discernment? From personal to group discernment
 - The inner dispositions for discernment: Ignatian indifference.
 - Tools for discernment.
 - Ways of making decisions as a group
 - Authority within a group and discernment.
 - Who discerns? And what should we discern together?
 - Questions and types of communal discernment.
 - Theological notes on communal discernment.
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- **The process a group follows when discerning.**
 - The cycle of a group's internal energy.
 - The historical timeline: events and feelings
 - The graces, gifts and tasks of a group: acceptance and rejection
 - Reconciliation within a group.
 - The Life–Death–Resurrection cycle within a group.
 - From 'I' to 'We' and from 'We' to 'I'
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- **The process of the Spiritual Exercises in communal discernment.**
 - The rules of discernment applied to communal discernment: consolations and desolations within a group.
 - The keys to spiritual and discerning consensus within a group.
 - The temptations faced by the group during the discernment process.
 - Confirmation and evaluation in the decision-making process.
 - From communal discernment to apostolic planning.
 - From intention to apostolic action: consensus, dissent and questions to explore.

Facilitators: José de Pablo SJ and Isabel Santos CVX, based on the methodology of the international association of facilitators ESDAC (Spiritual Exercises for Apostolic Discernment in Common)

Venue: *Cova Sant Ignasi* International Centre for Ignatian Spirituality, Manresa.

Language: Spanish

Places and Registration: The course is limited to 30 participants; therefore, a commitment to attend both parts of the course is essential. To register, please send an email to info@covamanresa.cat with the completed registration form, which you will find on the website.

Price: Includes accommodation for the duration of the course and the course fee (payable only during the first part of the course):

- First part (3 days + tuition fee): €245
- Second part (4 days): €260

Important note: We emphasise the requirement to participate in both parts of the course, which must be paid for separately before each part begins. Partial financial assistance is available. If you require this, please indicate so on the registration form. Thank you.