



The CURA Project

a community of Ignatian Practice



OFFICE OF
IGNATIAN
SPIRITUALITY

Sponsored by the Office of Ignatian Spirituality

CURA:

Latin for “care”, the Society of Jesus uses two closely related terms: *Cura personalis* - care of the person, and *Cura apostolica* - care of the apostolate, or ministry.

“Ignatius’ experience shows that care, deeply rooted in his spiritual experience and his mystical journey, offers the true dimension of the unity cura apostolica-cura personalis, dimensions of one single cura, that is, care for mission. **This single cura has as its focus persons, communities and works, which are at the service of mission.**”*

*From the letter « Care » (*cura*) in the governance of the life-mission of the Society in this change of the eras from Arturo Sosa, SJ, Father General of the Society of Jesus, February 20, 2020

The Goal

Designed for those who desire a deeper experience of personal formation for the sake of Ignatian mission. The goal is to aid in the development of well rounded lay Ignatian colleagues who can make a greater impact in their work, their communities and the world in concrete ways.

Objectives

Participants will...

- develop a deeper understanding of Ignatian spirituality and the Ignatian mission in the world
- deepen their own person prayer and spirituality
- cultivate relevant practical skills for mission and ministry
- Be alert to, and act on, opportunities to develop projects, either individually or as a group, to address perceived needs in the apostolate or the community

WHO?

CURA is an opportunity for those who...

- Have demonstrated a mission-oriented approach to work and ministry
- Have had some initial experience of Ignatian formation
- Seek to deepen their knowledge and practice of Ignatian spirituality
- Desire to learn, pray and share within a community of like-minded colleagues

How?

The components of the program include:

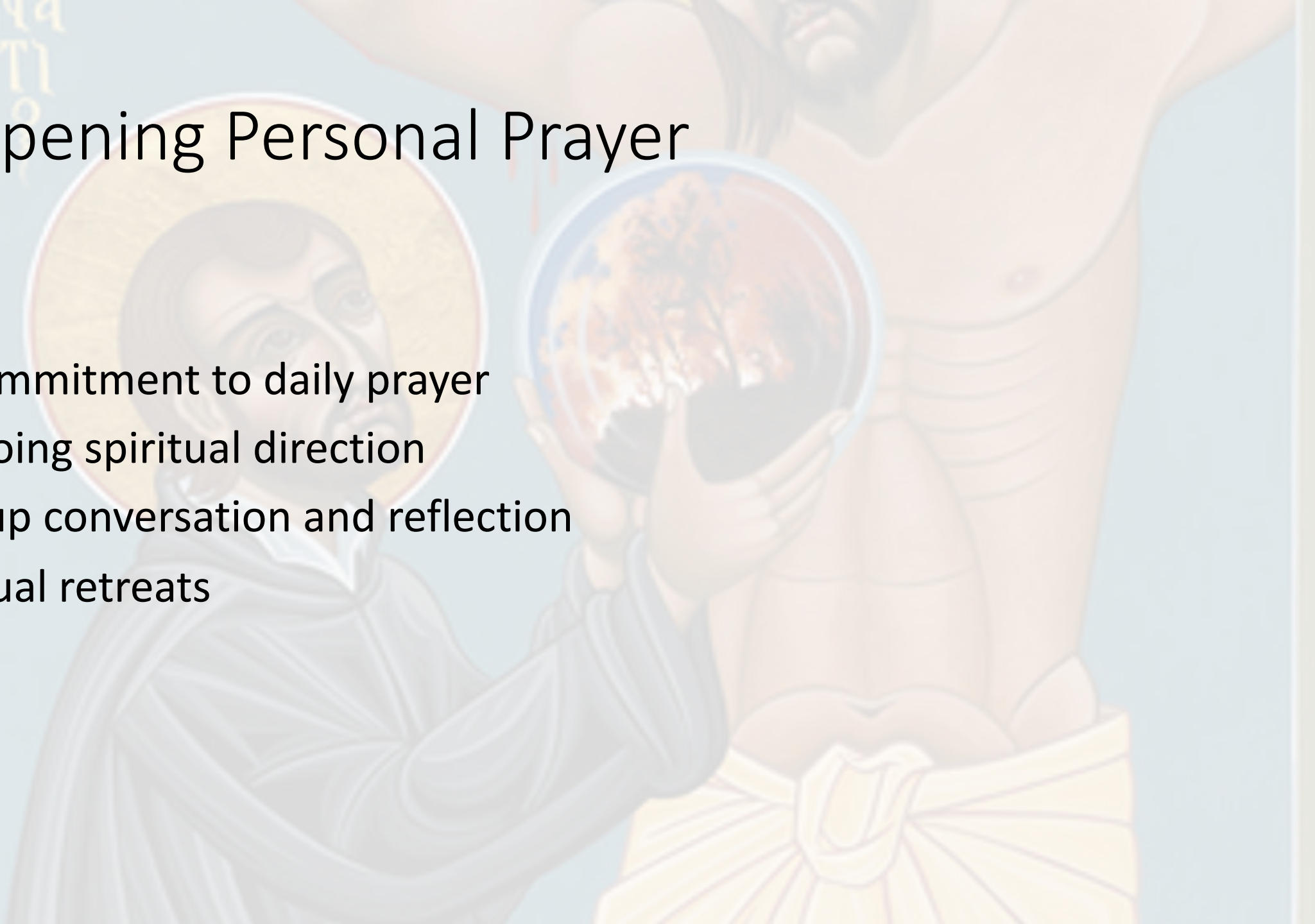
- Exploring Theological Concepts from an Ignatian Perspective
- Deepening Personal Prayer
- Enhancing Practical Skills for Mission

Exploring Theological Concepts from an Ignatian Perspective

- Presentations on topics including
 - Spirituality
 - Christology
 - Discernment
 - The Universal Preferences of the Society of Jesus
- Related readings
- Online and in person group reflection and conversation

Deepening Personal Prayer

- A commitment to daily prayer
- Ongoing spiritual direction
- Group conversation and reflection
- Annual retreats



Enhancing Practical Skills for Mission

- Seminars and trainings on
 - group facilitation
 - accompanying individuals and groups in prayer
- Individual or group projects selected by the participants to address perceived needs

GOOD
NEWS
COMING

How?

What we do together:

- Monthly online 90-minute meetings consisting of content seminars and/or community conversation and reflection
- Quarterly in person regional gatherings for conversation, reflection and community building
- An annual community retreat

Membership

candidates will:

- Have had a robust initial experience of Ignatian formation such as the *Magis Program, Contemplative Leaders in Action, etc.*
- Commit to regular individual prayer and spiritual direction
- Initially commit to participation for a minimum of two years, though membership is open ended, and participants are encouraged to stay engaged as long as they find it life giving

Participant investment



Time

- 90-minute monthly meetings, either online or in person
- Monthly individual spiritual direction session
- Daily personal prayer and reflection
- Some light reading monthly

Money

- Fee of \$250 per year covers stipends for presenters, materials, and some food and beverages for meetings
- Books, est. \$40 - \$70 per year
- Retreat room and board estimated \$300-\$400 per year

Sample profiles of potential CURA candidates

- High school teacher of 8 years who has completed the Magis program, would like to help develop an adult Ignatian formation program for their school and would value input from colleagues in other apostolates
- Board member of a retreat house who wants to develop an “Ignatian literacy” presentation(s) for fellow board members with little Ignatian background
- A pastoral associate at a parish who completed CLA and seeks the support and challenge of a community of fellow Ignatian people

Which OIS Ignatian formation program is for you?

Some characteristics of a typical member

- Magis – relatively new to the Ignatian world (2-5 years), drawn to Ignatian spirituality and the mission of the Jesuits, but limited in-depth experience with Ignatian prayer, any age, members drawn from throughout the Jesuits' East Coast Province, 18-month program
- Contemplative Leaders in Action – young adults (20s and 30s), emphasis on developing discernment and leadership skills in a communal setting in your city of residence, 2-year program
- CURA – has had at least one previous Ignatian formation experience such as Magis or CLA, exhibits medium-to-long term involvement with Ignatian spirituality, members drawn from a wide area, ongoing community with 2-year minimum commitment