



## Recommendation Letter Instructions for Spiritual Direction, Discernment, and Formation Program

Please ask two people who know you well to write a letter of recommendation to the Sacred Ground Center for Spirituality Spiritual Direction Discernment and Formation Program. We ask that you not choose your spiritual director or family members.

These letters should be sent to:

Joan Olson, Education Formation Director  
Sacred Ground Center for Spirituality  
1890 Randolph Ave  
St. Paul, MN 55105

or via email to: [JoanO@sacredgroundspirit.org](mailto:JoanO@sacredgroundspirit.org)

We will consider your application after we receive these letters; therefore, please ask those recommending you to send them as soon as possible.

Each letter should include reasons for recommending you:

- demonstration of personal qualities needed to be part of the program, discern and perhaps, be a spiritual director (mentioning specific, concrete qualities is helpful)
- Ability to do the work intellectually and academically—
  - to be able to enter into a process of adult learning, including appropriate self-revelation, some comfort making mistakes, capacity to wait, to tolerate ambiguity, etc.
  - to name and reflect on one's personal experience or have the ability to learn these skills
  - commit to one's spiritual life
- Specific gifts you have that makes you an apt candidate for the program
- Places in which you will need to grow, areas of potential learning, etc.
- How does this person know you? (e.g., pastor, friend, teacher, employer, mentor)