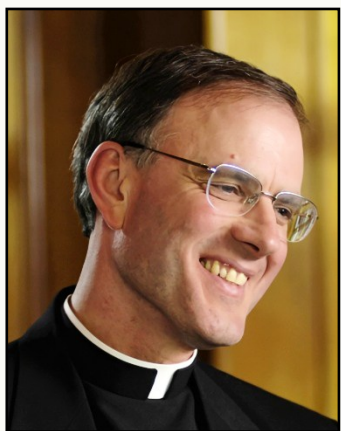


Our Priests

Fr. Timothy Gallagher, OMV Cofounder and Director



Fr. Gallagher was ordained to the priesthood in 1979. In 1983, he obtained his doctorate from The Pontifical Gregorian University and became a spiritual director and retreat leader. He has taught at St. John's Seminary and Our Lady of Grace Seminary in Boston, and currently teaches at St. John Vianney Seminary in Denver.

He has written over twenty books on spiritual themes, published articles in Catholic periodicals, appears frequently on Catholic television, and records many podcasts, radio interviews, series on YouTube, and virtual events used throughout the English-speaking world.



Fr. Tim addresses students at the Univ. of Notre Dame

Fr. Mark Yavarone, OMV Cofounder

Fr. Yavarone graduated from St. Joseph's University in Philadelphia in 1987. He attended graduate school at the University of North Carolina, earning a Ph.D. in Cell Biology and Anatomy in 1991. He was ordained a priest in April 2000.

He has since served as Associate Pastor at St. Andrew's Parish in Avenel, NJ, been a missionary in the Philippines, served as a member of the faculty at Pope St. John XXIII National Seminary in Weston, MA, and as Director of Our Lady of Perpetual Help Retreat Center in Venice, FL. His work has appeared in *The Way*, *Linacre Quarterly*, and *Homiletic and Pastoral Review*.



What We Offer

The insight that led to the creation of the Ignatian Discernment Institute (IDI) is that discouragement—"desolation" in St. Ignatius' vocabulary—is a perennial issue in the spiritual life, but is more widespread now than ever in our lifetime. St. Ignatius of Loyola's fourteen "First Week" rules for the discernment of spirits, when presented according to the approach developed by Fr. Gallagher, are the most powerful, practical, clear, and usable tool in the Church's spiritual tradition for overcoming such discouragement in the spiritual life. Too few people know of them. The goal of the IDI

is to bring this hope-filled and freeing teaching to all who follow Christ.

The fourteen rules have existed for over 500 years. What is new is the pedagogy Fr. Gallagher has developed that takes them out of the restricted circle of Ignatian centers and retreats and makes them accessible to all Christians who in some personal way seek to live their faith. Two comments generally follow upon the teaching: "I wish I had known this ten, twenty, thirty years ago," and "Everyone should know this!"

The IDI Begins

Precisely because of this positive response, the ministry became too great for one person. In December 2024, Fr. Mark Yavarone, OMV joined Fr. Gallagher in Denver, bringing his 20+ years of experience in giving retreats and teaching discernment of spirits as well; and the Ignatian Discernment Institute (IDI) was formally launched.

Our logo illustrates our core values. Christ is at the center as the Alpha and Omega of our faith, and there are 14 stars—one for each of Ignatius' First Week rules that point the way from discouragement to hope. Mary (represented by the "M" at the foot of the cross) is honored as the perfect discernor in her total openness to the Holy Spirit. As a ministry of the Oblates of the Virgin Mary, the IDI's founding has been supported by her constant presence.



We are happy to bring this powerful teaching of St. Ignatius to your parish, lay group, religious community, or assembly of clergy. We present it in the form of retreats or seminars which can span one day (typically a Saturday), two days (often Saturday and Sunday), or within longer retreats. We can also provide schedules of past events on request.

To view our events, scan the QR code at the bottom of the next page, or see the “Schedule of Events” page of the Institute’s website: <https://www.discernment.institute/institute/events>.

Preparing More Teachers

We offer a curriculum to train those already familiar with the rules for discernment and who desire to teach them to others.

The curriculum has two tracks, each toward a separate certification. The first is open to all who desire training to teach St. Ignatius’ fourteen First Week rules for the discernment of spirits. The second is for spiritual directors who wish in-depth training on how to apply Ignatian discernment in spiritual direction.



Fr. Mark guides parishioners in Oregon at a day retreat

Both tracks will begin in the second half of 2026. They consist of the following courses, which can also be audited if desired:

Track 1: Year One Courses

- ◇ *Introduction to the Life of St. Ignatius and the Spiritual Exercises*
- ◇ *The Fourteen Rules: Part 1*
- ◇ *The Fourteen Rules: Part 2*
- ◇ *Ignatian Prayer with Scripture*

Track I: Year Two Courses

- ◇ *Teaching the Fourteen Rules*
- ◇ *The Examen Prayer*
- ◇ *The Eight “Second Week” Rules*
- ◇ *Discerning the Will of God*

Track II: For Spiritual Directors

- ◇ *Applying the First Week rules in Spir. Direction*
- ◇ *Applying the Second Week rules in Spir. Direction*
- ◇ *Discernment of God’s Will in Spir. Direction (I)*
- ◇ *Discernment of God’s Will in Spir. Direction (II)*

The curricula will have in-person and online components. Contact us through our website if you are interested in becoming a teacher of discernment!

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**IGNATIAN
DISCERNMENT
INSTITUTE**
Finding Freedom from Discouragement



**A Ministry of the Oblates
of the Virgin Mary**

