

A THIRTY DAY VIRTUAL RETREAT EXPERIENCE

Based on the Spiritual Exercises of St. Ignatius

October 18-November 18, 2021

FAQs

WHAT IS A THIRTY DAY RETREAT?

An opportunity to dedicate a month of life to the inner work of discerning life's biggest priorities and questions. The retreat is also an excellent tool for a 'spiritual tune up' and with a focus on growing in personal awareness. It is appropriate for all spiritual seekers regardless of age or life circumstance.

WHAT IS THE ORIGIN OF THE THIRTY DAY RETREAT?

Ignatius of Loyola, a 16th century Spanish-Basque mystic and founder of the Jesuits created one of the world's first 'modern' programs for psycho-spiritual growth called **The Spiritual Exercises**. The Thirty Day Retreat is a five hundred year old practice that has inspired and guided spiritual seekers in every age.

DO I HAVE TO BELONG TO A PARTICULAR RELIGIOUS TRADITION?

No. The Spiritual Exercises have been translated in many creative ways for persons of all spiritual backgrounds. *Sacred Art of Living Center* is especially committed to offering retreats that support persons from all or no religious tradition.

WHAT IS DIFFERENT ABOUT A VIRTUAL THIRTY DAY RETREAT EXPERIENCE?

This retreat will be offered online in order to be accessible to anyone regardless of geographical location. Because the retreat is not residential, there are no costs related to lodging or travel.

DO I HAVE TO UNPLUG FROM DAILY WORD AND NORMAL DAILY ACTIVITIES?

No. This retreat has been created in such a way that the average person can participate regardless of their living and working situations.

DO I HAVE TO BE DEALING WITH A MAJOR LIVE DECISION TO PARTICIPATE?

No. All of life is an unfolding and change is a constant. Most people wonder about 'next steps in their life' even when current circumstances are stable. The needs of the soul require our attention and an occasional 'tune up' is deeply satisfying. Anyone would benefit from the questions and simple practices which the spiritual exercises offer in a Thirty Day Retreat.

HOW IS THE THIRTY DAY VIRTUAL RETREAT STRUCTURED?

- The retreat is literally one month or thirty days in length.
- An online opening and closing retreat orientation and celebration will be offered for all retreatants.
- A weekly 90 minute virtual teaching will be offered by the retreat guides. For those unable to attend live sessions, all teachings will be recorded and available online.
- Daily inspirations and recommendations will be offered for spiritual practice. Each practice involves about thirty minutes of reflection and journaling.
- A one-on-one trained spiritual companion (through Sacred Art of Living Center) will be available for weekly conversation and additional support if desired.

WHO ARE THE THIRTY DAY VIRTUAL “RETREAT GUIDES”?

-**Richard Groves** is co-founder of Sacred Art of Living and has been offering training programs for spiritual directors for 25 years. A hospice chaplain for thirty years, Richard is an active spiritual director. Richard’s presentation will be offered in real time and recorded for future reference.

-**Eileen Heaton** is a faculty member of the Anamcara Apprenticeship program and a spiritual director for more than twenty years. She is also a trained Enneagram Instructor for Sacred Art of Living Center. Eileen’s teachings will be pre-recorded for easy access throughout the thirty day experience.

-**Jack Kennedy** is a former Jesuit and master spiritual director. He has been offering Ignatian-based spirituality teachings for Sacred Art of Living Center for more than twenty five years. Jack’s valuable input will be offered in a recorded format.

Note: The retreat guides will not be personally offering one-on-one spiritual direction to retreatants.

WHO WILL BE MY ONE-ON-ONE SPIRITUAL COMPANION DURING THE RETREAT?

Every retreatant will have the opportunity to be companioned by a trained and approved spiritual director from Sacred Art of Living Center. Although directors will be ‘assigned’ based on the background of each retreatant, it will be up to each retreat participant either to accept or request a different director after both parties have met.

WILL MY SPIRITUAL COMPANION BE OFFERING TRADITIONAL SPIRITUAL DIRECTION?

Not in the classical sense of spiritual direction... the Ignatian retreat tradition provides spiritual companionship (in the person of a trained guide) who will facilitate and support a retreatant's personal experience of the Spiritual Exercises.

IS THERE AN APPLICATION PROCESS FOR THE THIRTY DAY RETREAT?

Yes. The application is on the *Sacred Art of Living Center* website, www.sacredartofliving.org. Prospective retreatants can also request a conversation with a staff member for additional questions and discernment.

IS KNOWLEDGE OF THE ENNEAGRAM REQUIRED FOR APPLICATION?

It is highly recommended that retreat applicants have a basic knowledge of the Enneagram for this retreat experience. Persons with little or no background can access various Enneagram study tools prior to the **Thirty Day Retreat**. **Sacred Art of Living often offers retreats and workshops on the Enneagram. Check our website for more details.**

IS THE THIRTY DAY RETREAT SIMILAR TO THE CONTEMPLATIVE ENNEAGRAM RETREAT?

Yes and No. The Contemplative Enneagram Retreat offered annually by *Sacred Art of Living Center* is a residential retreat. The current COVID health situation motivated the creation of an online experience since traditional retreat centers have not been open during the pandemic. Some of the teachings and experiences of our Contemplative Enneagram Retreat have been incorporated into the Thirty Day Retreat, however, the wisdom of Ignatian discernment spirituality is the heart of the online experience.

IS THE THIRTY DAY RETREAT FEE ALL INCLUSIVE?

Yes. All teachings, one-on-one **spiritual** companionship and access to daily materials are included. The only additional requirement is that retreat participants have access to a computer and zoom. A tutorial will be offered prior to the retreat for persons not familiar with online platforms.

AM I EXPECTED TO OFFER AN ADDITIONAL STIPEND TO MY SPIRITUAL DIRECTOR?

No. Although it is normally expected that there is some exchange with one's spiritual director, the Thirty Day Retreat fee includes all one-on-one support.

ARE THERE ANY SCHOLARSHIPS AVAILABLE FOR THE THIRTY DAY RETREAT?

Very limited funds are available but requests can be made. *Sacred Art of Living Center* does not make a profit from the Thirty Day Retreat program. Fees for this retreat only cover the time and stipends for the entire retreat team.