



*“Thank you for your generosity and time in making this retreat happen. It has been a rich and educational experience. Appreciated Richard's knowledge of the many parts of the retreat experience. He articulates difficult points of view diplomatically. Positive, thoughtful and knowledgeable. The retreat was great! A spiritual companion who listens well is invaluable to a "beginner" retreatant in understanding and integrating the experience. Though not having any experience with the Enneagram, this retreat has peaked my interest.”*

*~ B.H.*

*“Thank you so much, Richard! This has been a wonderful retreat and timely for me. I also am so grateful for my spiritual companion in this retreat whose listening, insight, and wisdom contributed so much. Again, thank you for all that you and the whole team put into this!”*

*~K.J.*

*“I have greatly enjoyed this retreat and know the experience will continue to grow afterwards.”*

*~P.M.*

*“I have much gratitude for the experience I have just lived in the Ignatian exercises.”*

*~H.M.*

*“The Retreat has been a great source of blessing for me - a huge gift. Thank you so much for all the work that went into preparing this. Blending the Enneagram dimension with the Spiritual Exercises was new for me and it has led me to a deeper awareness of myself. I found the videos, the worksheets and the webinars very helpful. Thank you for all the hard work and preparation. You left no stone unturned in helping to make this virtual 30 day retreat an enriching and challenging experience. I have been touched to the core and am hopefully all the more real in my relationship with the Divine and with others for it. I also feel that I have gone deeper in this Spiritual journey because of the inclusion of the Enneagram. Karin and Maryhelen were the essence of kindness and care - thank you.”*

*~M.D.*

*“The daily exercises were a wonderful way to begin the day and deepen my participation in the retreat. I can't say enough about the wisdom and expertise that was provided by the team. Richard's knowledge and passion for all things SALC is evident each time he speaks. Jack Kennedy was especially helpful to me in understanding the themes and processes of the retreat. The videos will be something I watch again in the next few weeks to capture more of his wisdom.”*

*~K.S.*

*“The value of having a spiritual companion 'fully attending' like this is truly phenomenal, and so very much appreciated. Jack Kennedy is such a master of these exercises and communicated them in an accessible, understandable, and practical way with a very erudite manner. And the Zoom (virtual) format for this, in my view, works very well.”*

*~R.B.*

*“The Enneagram piece was life-giving for me in this retreat. Thank you.”*

*~S.D.*

*"I am in awe of the dedication, time, wisdom, commitment of this team. I loved the conversations, the questions posed by Richard and how accessible the exercises were. These exercises were priceless. I hugely appreciated how the Jack Kennedy shared his own humanity."*

*~U.M.*

*"Richard held the space for us with grace, as well as intellectual and heart centered strength. I appreciate his energy and the way he wove the traditional Ignatian material in and around the poetry and writings so that everyone could find a portal inward. I know it took much time and energy to do that and I feel it generously gave each participant access to the work in our own unique way. I loved what Jack offered and his open candor. His conversations with Richard were a very important part of the retreat experience. His influence was woven throughout the material and the friendship and sacred relationship between the two of them permeated the 30 days and was a gift in which to participate. The retreat experience was rich and beautiful and took me through many levels of feelings and moments of hell and heaven. I felt held and supported through it all. I will take much of it with me as I continue on my path toward and/on whole-hearted living."*

*~J.G.*

*"Fantastic 30-day retreat. Thank you for making it available online! I would not have been able to participate if it was not. I appreciated the content, material, and intentionality in incorporating the Enneagram. Thank you for sharing your gifts with the world and for using language in a way that is accessible to all."*

*T.L.*

*“A sincere thank you to Richard, Jack, and Eileen for an amazing 30-day retreat experience. The program you put together was creative, inclusive, and engaging. The addition of the Enneagram was brilliant. As a spiritual companion I found that the two people I journeyed with gained a deeper understanding of themselves through the lens of their Enneastyle. The interview-style videos of Jack Kennedy were wonderful. They were interesting, educational, and enjoyable. Providing options for people to either reflect on Christian scriptures or non-religious poems was sensitive and respectful. The Saturday webinars brought everyone together and provided a more in-depth learning experience.*

*I did the daily exercises faithfully for three of the four weeks so that I had a better idea of what those I was companioning were experiencing. I found them to be insightful, reflective, and prayerful. It really did feel like a retreat. I learned a lot from this experience, about myself, and about our human journey. Meeting weekly with each person as a spiritual companion was a tremendous experience. They both took the experience very seriously and were prepared for our weekly sessions.*

*Finally, the amount of work you put into this retreat was so evident. If I were rating this 30-day Ignatian Retreat on a scale of 1 to 10, it would be a 10+. Thank you for the opportunity to be part of this amazing retreat experience. I am glad you are going to repeat it.”*

*~D.D.*

*“Once again, Richard, I am so grateful for your offering such a rich and life-enhancing program. I felt that the program design was creative and elegant - a true delight. The abundance of materials will continue to nourish my soul in the future. You looked so happy on screen throughout the retreat. Thank you so much for the great gift of this retreat. Thank you so much, Jack for your presence and wisdom offered throughout this retreat. Your loving energy and words will be remembered. I'm grateful that you added your voice. You and Richard made a wonderful team and your dialogue seemed to flow naturally.”*

*~D.C.*