

A THIRTY DAY VIRTUAL RETREAT EXPERIENCE

Based on the Spiritual Exercises of St. Ignatius

FAQs

WHAT IS A THIRTY DAY RETREAT?

An opportunity to dedicate a month of life to the inner work of discerning life's biggest questions.

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 WORLD 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 IN A MAJOR LIFE DECISION TO PARTICIPATE?

No. Life is continually 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 celebration will be offered for all retreatants.
- A weekly 90 minute online teaching will be offered by the retreat leaders. For those unable to attend live sessions, all teachings will be recorded and available online.
- The leadership team will also be offering an optional weekly discernment and support session for retreatants.
- 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.

WHO ARE THE THIRTY DAY RETREAT LEADERS?

Richard Groves is co-founder of *Sacred Art of Living* and has been offering training programs for spiritual directors for 25 years.

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*.

Jack Kennedy is a former Jesuit and master spiritual director. He has been offering Ignatian-based spirituality for *Sacred Art of Living Center* for twenty five years.

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

Every retreatant will have the opportunity to be accompanied by a trained and approved spiritual companion from *Sacred Art of Living Center*. Although companions 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 companion after both parties have met.

IS KNOWLEDGE OF THE ENNEAGRAM REQUIRED FOR THE RETREAT?

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 laptop or desktop computer and Zoom. A tutorial will be offered prior to the retreat for persons not familiar with the Zoom platform.

SHOULD I OWE AN ADDITIONAL STIPEND TO MY SPIRITUAL COMPANION?

No. Although it is normally expected that there is some exchange with one's spiritual companion, 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.

