Gonzaga
EASTERN POINT
RETREAT HOUSE

The 30 Day Spiritual Exercises of St. Ignatius Loyola

The *Spiritual Exercises* of St. Ignatius Loyola have been described as a **school of prayer, a means of discernment, and a way of growing in deeper relationship with Christ**. The text of the *Spiritual Exercises* is regarded as a unique spiritual classic. The different methods of prayer it employs invite retreatants to follow Jesus more closely, and to seek God's will - God's deep desire for them - in all circumstances. For many, it is an interior "camino" or a pilgrimage with Christ.

St. Ignatius designed the *Spiritual Exercises* to assist people in growing in spiritual freedom, and making good decisions in interior harmony with the inspiration of the Holy Spirit.

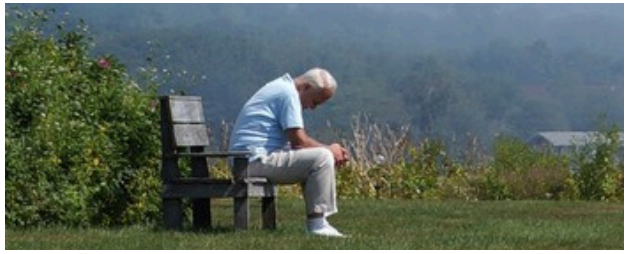
Who Makes the *Spiritual Exercises*?

The *Spiritual Exercises* are for any lay adult, women and men religious, priests, and clergy from any tradition as well as anyone who:

- Desires to grow in their relationship with Christ
- Has important decisions to make
- Seeks to understand the paths their lives have taken
- Are in positions of leadership, in Christian formation programs, or who are engaged in the ministry of spiritual direction
- Are on sabbatical or in a time of transition

Spiritual Directors

Our team of spiritual directors are experienced and carefully formed in the Ignatian tradition and includes Jesuits, priests, women religious, lay women, and lay men.



Rooted in the *Spiritual Exercises*

Since the 1970s Gonzaga Eastern Point Retreat House (GEP) has offered silent, directed retreats of varying lengths. These **retreats are rooted in the dynamics of the St. Ignatius of Loyola's *Spiritual Exercises*.** While there are different ways to make the *Spiritual Exercises*, GEP is known for offering them in the 30-Day format.

The experience of the full 30-Day Retreat comprises the four "weeks" noted by St. Ignatius. The retreat begins with two orientation days that prepare Exercitants to enter into the *Spiritual Exercises*. The last days of the retreat are called "appropriation" days. These days offer Exercitants a chance to reflect on and discuss some of their experiences during their 30 days of prayer.

GEP sustains a reputation for being a deeply grounded retreat center, faithful to the text of the *Spiritual Exercises* written by St. Ignatius Loyola, and adapting them in the context of today's world.

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Pre-Requisites

Candidates for the 30-Day Retreat must have sufficient background in the *Spiritual Exercises*. These include: the experience of ongoing (monthly) spiritual direction, having made three or more silent, directed 8-day retreats, and the desire and ability to pray with scripture and Gospel based prayer using the imagination.

Application Process

A **two-step application process** begins with a preliminary application. Here, the applicants affirm they meet the pre-requisites and answer a handful of questions about their prayer, retreat, and spiritual direction experiences. After a review of the preliminary application, they will likely be invited to submit a more detailed application.

This second step of the process requires the applicant to write about their spirituality, praying, and life experiences. They are asked for three reference letters – from their spiritual director and two friends. If a member of the clergy , or a religious, they are asked for a letter from their Bishop, religious superior, or leader.

The process usually takes 2-3 months to complete before a decision is made and communicated to the applicant.

2027 & 2028 Dates

***The Exercises* are typically offered every January and June/July.** Each retreat starts on a Wednesday and ends on a Tuesday.

2027

- January 6, - February 9, 2027
  - *(application deadline is Oct. 1, 2026)*
- June 16 – July 20, 2027
  - *(application deadline is March 1, 2027)*

2028

- January 5 - February 8, 2028
  - *(application deadline is Oct. 1, 2027)*
- June 14 - July 18, 2028
  - *(application deadline is March 1, 2028)*

Retreat Cost

Retreatants may choose from three rates based on their ability to pay:

- **Sustaining Rate**: $8,050 — covers the full cost of your retreat and helps sustain this ministry
- **Contributing Rate:** $6,125 — covers approximately 75% of the actual cost, with the remainder supported by donor generosity
- **Shared Rate:** $4,250 — covers approximately 50% of the actual cost, making the retreat more accessible through donor support

Each rate includes a private room with ensuite bathroom, three meals each day, and daily spiritual direction. **A $1,250 deposit is due upon acceptance.**

For more information or to start the application process:

easternpoint.org