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.

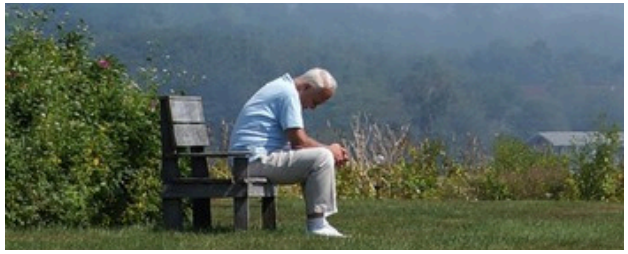
## Who Makes the *Spiritual Exercises*?

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 Oct. 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