

A.C.T.S. II Retreats are of a more contemplative nature and therefore focused on a deeper prayer life. Because of the nature and depth of the retreat Spiritual Direction is an important part of it. A person desiring to participate in this retreat need not have gone through an A.C.T.S. I Retreat. This retreat is directed by members of the parish who have been appointed by the pastor. Spiritual Directors are certified Spiritual Directors.

A Spiritual Director is a person who listens deeply and companions another person in their faith journey. The person seeking Spiritual Direction desires to grow in their spiritual life and their faith in God. A person's spiritual life deals with their relationship with God and therefore with prayer and their relationship with other people.

These retreats begin on a Friday evening and continue through Saturday, returning on Sunday to a Liturgy of the Eucharist (Mass) at St. Mark the Evangelist.