

Re-Discovering Yourself: The Ancient Enneagram

Lent 2020 at St. James by-the-Sea

Class Assignments

Class Book: *The Sacred Enneagram* by Christopher Heuertz

Class 1, March 4: Introduction: What is the Enneagram?

Read Chapters 1 & 2

+Please take time to discern your type through research and reading and/or through the available tests (see testing resources)

Class 2, March 11: An Exploration of the 9 Types

Read Chapters 3 – 5

Class 3, March 18: Going Deeper into the Enneagram and Connecting Spiritually

Read Chapters 6- 8

Class 4, March 25: The Way of Prayer and Contemplation for your Type

Read Chapters 9 & 10