*Spiritual Exercises in Everyday Life Application*

**Application deadline is August 9, 2023**

For a digital copy of this application or for questions, please email us at info@seeltc.com.

NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PHONE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ADDRESS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CITY/STATE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ZIP \_\_\_\_\_\_\_\_\_\_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

IMPORTANT***!* Please list times you are available for spiritual direction**.

Days of the week available (list best days) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Times available (list best times for each day)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Prefer Woman\_\_\_\_\_\_\_ Man\_\_\_\_\_\_\_ Either\_\_\_\_\_\_

Other Considerations (religious tradition, etc.):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The Spiritual Exercises are amazingly effective and change lives. So, of course, they take time. **You might need to set aside other spiritual practices, activities, meetings, etc., to give SEEL your full attention. Please put your initials next to each of the following:**

* I have prayerfully discerned that I will make SEEL a priority for the next 9 months

* If time gets tight, I am free enough and willing to let go of other things and choose the Spiritual Exercises over other activities or spiritual practices.

**Questions**

*Please pray with the following questions before you answer. You can add as much as you like. This information will help us in discerning a director for you.*

1. What experiences (if any) have you had with spiritual direction? (This can include a prayer partner, a directed retreat, or direction)?
2. What qualities would you find helpful in a spiritual director? (This will help us when we match you with a director.)
3. Who is God from my childhood?
4. How do I see God now?
5. How would I like to know God?
6. Describe the way you pray. For example: scripture, set prayers, rosary, petition and/or thanks, just talking with God, listening, a combination?)
7. What brings you to this retreat? What do you hope to gain from it?

## 

## Finances

**SEEL Tri-Cities turns no one away because of lack of funds.** We have expenses, of course (director training and travel, Internet equipment and subscriptions for online meetings, copying, materials, and more. To help defray these costs, we ask each participant to donate a monthly amount of $40 for a total of $450. If you can’t afford this, please talk with us. We also request a deposit (suggested $50) to hold your place, which will be your September payment.

Please know we want you to participate, regardless of what you can or cannot pay.

I enclose $\_\_\_\_\_\_\_\_\_ deposit with this application.

I commit $\_\_\_\_\_\_\_\_\_ a month for 9 months for the Spiritual Exercises in Everyday Life.

Please add other comments you have on finances (if any): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

You can send funds through Paypal.com, to our email: treasurer@spiritual-exercises.com.

Make checks out to **SEEL Tri-Cities**. Please ask by email for our mailing address.

## Faith Autobiography

For this retreat, you will need to write your faith autobiography. You can do so before you begin the Spiritual Exercises. Or you can complete it during the first two months of the retreat. If you choose to write your faith autobiography over time, we will provide you with a booklet to do so at the first group meeting.

If you choose to write your faith autobiography before you begin, please find the instructions at the end of this application.

## Commitments

**I make the commitment to: (**Please initial each line.)

* Pray daily for an hour using materials I get from my spiritual director \_\_\_\_\_\_\_\_\_\_
* Make SEEL a priority in my life for the next 9 months \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Meet regularly with my assigned director \_\_\_\_\_\_\_\_\_\_\_
* Attend monthly Saturday retreat meetings \_\_\_\_\_\_\_\_\_\_
* Write my faith autobiography \_\_\_\_\_\_\_\_\_\_\_\_
* Keep a daily prayer journal \_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Thank you very much for your interest in SEEL Tri-Cities. You will hear from us shortly.

Johnette Sullivan

SEEL Executive Director

[info@seeltc.com](mailto:info@seeltc.com)

**For Your Information**

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| **Dates for SEEL Retreat Meetings 2023-2024**  **Online & In-person Parish of the Holy Spirit, Kennewick, WA** | |
| SEEL Retreat Day | September 9, 2023 |
| SEEL Retreat Day | October 14, 2023 |
| SEEL Retreat Day | November 11, 2023 |
| SEEL Retreat Day | December 9, 2023 |
| *Christmas Day December 25* | |
| SEEL Retreat Day | January 13, 2024 |
| SEEL Retreat Day | February10, 2024 |
| *Ash Wednesday February 14, 2024* | |
| SEEL Retreat Day | March 9, 2024 |
| *Easter Sunday – March 31, 2024* | |
| SEEL Retreat Day | April 13, 2024 |
| SEEL Retreat Day | May 11, 2024 |

**Faith Autobiography Instructions**

*If you choose to write your faith autobiography now, please pray Psalm 139 before you begin, then write.*

*Include the meaning of your experiences. Grammar, punctuation, or form aren’t important. Just write where God has been in your life. Questions help you know where to start but you don’t need to answer all, just the ones that are relevant to your faith journey.*

* How have I journeyed spiritually from when I first met Christ to now?
* What and who are the significant people, experiences, and events that have led me into a deeper relationship with God?
* What has brought me to this point, to this retreat?
* How have the following influenced my relationship with God: my parents, my birth, my gender, my culture/ethnicity, my place in my family?
* When do I most feel God’s presence? His absence? What is my response to those feelings?
* When do I feel most present to God? Most absent? What do I perceive is God’s response?
* How do I feel God’s presence in the struggles of my life? The good times?
* What qualities do I particularly like about myself?
* What are some qualities about myself that I don’t like?
* What is my relationship to God?
* What has prayer been for me? Am I praying now?
* If and when I experience dryness in prayer, how do I respond to that experience?

**SEEL 2023-2024 Season**

**(September through May)**

Welcome,

I am delighted that you are considering participating in the Spiritual Exercises in Everyday Life (SEEL) for the retreat year of 2023-24. It is a powerful, life-changing program of prayer and reflection that can be done by busy people of varied backgrounds and Christian traditions in daily life. Based on the Spiritual Exercises of St. Ignatius the SEEL program teaches various methods of prayer that help a person open more fully to God. Retreatants commit to praying daily (an hour a day is ideal), meeting at least twice monthly with one of our Spiritual Directors, and attending 9 monthly 2-hour Saturday retreat days from September to May. This year, our retreat will meet online through Zoom as well as in person at the Parish of the Holy Spirit in Kennewick, WA.

If you have any questions don't hesitate to contact me at info@seeltc.com or visit our website at https://seeltc.com. Wishing you blessings in the application process.

In Christ,

Johnette Sullivan

Johnette  
Executive Director, SEEL Tri-Cities

**About SEEL Tri-Cities**

SEEL Tri-Cities has been providing the Spiritual Exercises of St. Ignatius to the Mid-Columbia region since 1986. We have a team of dedicated, well-trained, (though unpaid) spiritual directors who are eager to accompany you on your spiritual journey. To participate, please complete the following form and return. Please provide us with your 2- to 3-page faith autobiography. You’ll find instructions at the end of the Application. Alternately, your faith autobiography can be completed before the retreat begins with a booklet we provide. Please let us know if you’d like a copy.

Our SEEL staff will read your application and contact you regarding acceptance into the retreat.

For questions or comments, and to return this application, please contact us through our website, https://seeltc.com, or email us at info@seeltc.com.