

SEEL Tri-Cities 2025-2026 Retreat

(September 2025 through May 2026)

Greetings,

I am delighted that you are considering participating in the Spiritual Exercises in Everyday Life (SEEL) for the 2025-2026 retreat. 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 an hour of prayer with the Spiritual Exercises daily, to meet weekly with their assigned Spiritual Director, and attend nine monthly two-hour Saturday retreat mornings from September to May. Our Saturday retreats 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>. Our SEEL staff will read your application and contact you regarding acceptance into the retreat.

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. In 2022, the retreat became hybrid with meetings in-person and via Zoom. Our board of directors includes both Jesuit and lay members, many of whom are spiritual directors with our program. We hope to provide a robust, spiritual experience for all who attend. We have a three-year training program for spiritual directors, and we provide supervision for those providing spiritual direction. Spiritual directors learn about ethics and ethical conduct, as well as spiritual direction methods and process during the training. We believe in our mission and want to spread Christ into the world through what we do. We envision a world where all hearts are set on fire with the love of God, and all understand how to discover what God wants for their lives through prayer and discernment.

Spiritual Exercises in Everyday Life Application

Application deadline is Monday, July 13, 2025

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 _____

YOUR PARISH OR CHURCH _____

IMPORTANT! Please list days and time ranges you are available for spiritual direction.

Days of the week Sunday to Saturday available (note the best days)

Times available (note the best times for each day) _____

Prefer Woman _____ Man _____ Either _____

Other Considerations (lack of reliable internet access, computer skills, religious tradition, any other concerns, etc.) _____

The Spiritual Exercises are amazingly effective and change lives. So, of course, they take time. Expect an hour of daily prayer, an hour of spiritual direction per week, and a two-hour monthly group meeting. **You may need to set aside other spiritual practices, activities, meetings, etc., to give SEEL your full attention. Please pray with the questions below before you answer by putting your initials next to each of the following:**

- I have prayerfully discerned that I will make the 9-month SEEL retreat a priority _____
- If time gets tight, I am free enough and willing to let go of other things and choose Spiritual Exercises over other activities or spiritual practices. _____

Questions

Please pray with the following questions before you initial above. 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 your childhood?
4. How do you see God now?
5. How would you 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, insurance, copying, materials, and more). To help defray these costs, we ask each participant to donate a monthly amount of \$50 for a total of \$450. If you can't afford this, please talk with us.

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

I commit \$ _____ a month for 9 months for the Spiritual Exercises in Everyday Life.
Please add other comments you have on finances (if any):

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 9 months Sept '25 to May '26 _____
- Meet weekly 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

For Your Information

Second Saturday dates for SEEL Retreat Meetings 2025-2026

- 9/13
- 10/11
- 11/8
- 121/13
- 1/10/26
- 2/14
- 3/14
- 4/11
- 5/9

Dates of note for liturgical year: Christmas Thursday Dec. 25, 2025; Ash Wednesday February 18, 2026; Palm Sunday March 29, 2026; Easter April 5, 2026.

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?