

## **SEEL Tri-Cities 2026-2027 Retreat** (September 2026 through May 2027)

Greetings,

I am delighted that you are considering participating in the Spiritual Exercises in Everyday Life (SEEL) for the 2026-2027 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.

**Saturday monthly group days:** 9/12, 10/10, 11/14, 12/12, 1/09, 2/13, 3/13, 4/10, and 5/08.  
Other dates of note: Christmas Friday Dec. 25, 2026; Ash Wednesday February 10, 2027; Easter March 28, 2027.

If you have any questions, please email me at [info@seeltc.com](mailto:info@seeltc.com). We will read your application and contact you regarding acceptance into the retreat.

Peace,

Johnette Sullivan

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 27, 2026**

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)

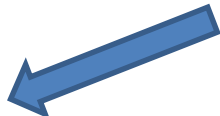
\_\_\_\_\_

Times available (note the best times for each day) \_\_\_\_\_

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

Other Considerations (lack of reliable internet access, computer skills, religious tradition, outside Pacific Time Zone, 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 will commit \$\_\_\_\_\_ a month for 9 months for the Spiritual Exercises in Everyday Life. Please add other comments you have on finances (if any):

---

---

### ***Commitments***

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

- Pray daily for one hour using materials I get from my spiritual director \_\_\_\_\_
- Make SEEL a priority in my life for the 9 months Sept '26 to May '27 \_\_\_\_\_
- 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. Upon acceptance to this retreat, we will provide you with a booklet to write your faith autobiography.

Johnette Sullivan  
SEEL Executive Director  
[info@seeltc.com](mailto:info@seeltc.com)