

# HOW TO APPLY TO SEEL (Spiritual Exercises in Everyday Life)

**For the Fall of 2016**

**Please complete the following (forms and instructions are attached):**

- **Application form**
- **Faith Autobiography (2-3pages, suggestions are included)**
- **Mail reference forms to be completed by 2 people (someone besides a family member)**

**\*\*\*Return all materials by July 31st and preferably in June or even earlier as we had to turn away a number of people for our retreat year 2015-16.**

**Please keep all your originals and submit copies.**

**Our SEEL staff will read your application and will respond to you as soon as possible regarding acceptance into the retreat.**

***SPECIAL NOTE: If the deadline date of July 31 has passed, please contact Lisa Dennison in the SEEL office at (206) 721- 3518 to see if there are a few spaces left in the retreat. We are sometimes able to accommodate late registrations.***

Dear Friend,

I am delighted that you are considering entering the *Spiritual Exercises in Everyday Life (SEEL)* for the retreat year of 2016-17. 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 the midst of their daily lives. Retreatants commit to praying daily (an hour a day is ideal), meeting twice monthly with one of our Spiritual Directors, and attending monthly half-day Saturday retreat days from September to May in one of our two retreat locations- Seattle and Tacoma.

We operate on a “fair share” pledge system. The subsidized cost of offering SEEL is \$1500 per person. These funds are used to pay modest stipends to each retreatant’s spiritual director for individual spiritual direction twice a month over the course of the retreat, as well as overall administration of the retreat. Each retreatant is asked to make a good faith offering to be paid over the course of the retreat year. We trust that if each retreatant faithfully considers their pledge, there will be enough for all. If you feel called to participate in the retreat at this time, and your application is accepted, we want you to be with us regardless of the amount you are able to pay.

If you have any questions don't hesitate to call us at the SEEL office at 206-721-3518 and leave a voice message- we will return your call promptly! You may also email us at [info@seelpugetsound.org](mailto:info@seelpugetsound.org) or visit our website at [www.seelpugetsound.org](http://www.seelpugetsound.org).

Wishing you blessings in the application process,

Lisa Dennison  
Executive Director, SEEL

**Spiritual Exercises in Everyday Life  
2016-2017 Schedule  
for Seattle and Tacoma**

Evening of Orientation for Seattle and Tacoma Retreatants TBA (6:45- 8:00 pm)

**Saturday Retreat Days - mornings usually from 9:15- noon**

September Retreat Day	September 24, 2016
October Retreat Day	October 22, 2016
November Retreat Day	November 19, 2016
*December Retreat Day	*December 17, 2016
*January Retreat Day	*January 21, 2017
	<i>(Ash Wednesday – March 1, 2017)</i>
February Retreat Day	February 25, 2017
*March Retreat Day	* March 25, 2017
	<i>(Easter – April 16, 2017)</i>
*April Retreat Day	* April 25, 2017
May Retreat Day	May 13, 2017

**APPLICATION FOR 2016 - 2017 RETREAT YEAR**  
**SPIRITUAL EXERCISES IN EVERYDAY LIFE**

NAME \_\_\_\_\_ HOME PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ ALT. PHONE (wk/cell) \_\_\_\_\_

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

E-mail \_\_\_\_\_ Faith community (Optional) \_\_\_\_\_

I learned about *Spiritual Exercises in Everyday Life* from: \_\_\_\_\_

For the Saturday Retreat mornings, SEEL offers two locations, one in Seattle and one in Tacoma.

I would like to attend SEEL in:

**SEATTLE** St. Joseph Church, 732 18th Ave E.     **TACOMA** St. Leo Church 710 South 13th

The following questions are a means of determining the best way we can help you move with some ease into and through this nine month-long retreat. They are also a tool in matching retreatants with spiritual directors. Your application will be reviewed only by the SEEL staff and your director, and is held in confidence. Please fill this out and return it with your faith autobiography as soon as possible, but no later than **Aug 15th. (If it is past our deadline date- please call the SEEL office as sometimes there is space still available! Our number is 206- 721- 3518) .**

**Please answer the following (use the back of the page if needed):**

1. What is your hope and desire in making this nine month retreat?

2. What have been your ongoing themes and challenges in relationship to God?

3. What images of God were presented to you or taught to you when you were a child? What images of God/Jesus have you come to know through your own experience and what images would you like to come to know?

4. Describe your current experience of prayer. How do you pray? What assists you in your prayer?

5. What kind of a support system do you have? (ie. family, friends) Do you have the support you need to make this commitment to God and to your retreat?

6. Are there any special situations in your life that may possibly affect or even become an obstacle to your retreat?

7. What are your other family/work/volunteer commitments? Do you need to prayerfully discern what is your priority? SEEL cannot be just another involvement. It requires a solid time commitment: an hour (ideal) of daily personal prayer, the monthly Saturday morning retreat days, meeting with a spiritual director twice a month.

8. What has been your past experience of spiritual direction (e.g. sharing your spiritual journey with someone, within a directed retreat setting, ongoing direction, etc.)?

9. What do you find helpful in a spiritual director? If you have not had a spiritual director before, what do you think might be helpful in someone you will share with twice a month?

**ADDITIONAL INFORMATION TO ASSIST US IN MATCHING YOU WITH A SPIRITUAL DIRECTOR**

Times you are available for spiritual direction Day\_\_\_\_\_ Evening\_\_\_\_\_ Either\_\_\_\_\_

WEEKDAY (list best days)\_\_\_\_\_ WEEKEND (Sat)\_\_\_\_\_

PREFER Woman\_\_\_\_\_ Man\_\_\_\_\_ Either\_\_\_\_\_

ANY OTHER CONSIDERATIONS (physical or travel restrictions, etc.):

In addition to filling out this application and writing your faith autobiography, please mail the enclosed reference forms as soon as possible to two people who would have knowledge of your spirituality and readiness for this kind of retreat experience (i.e. a friend, spiritual director, pastor, person who recommended SEEL to you, etc. Please do not have family members write a reference). They can mail their reference directly to our SEEL office address which is listed below.

**Send your completed application and faith autobiography to the SEEL office at the address noted below as soon as possible. Our deadline is July 31<sup>st</sup> -call or email us after that date to make sure we have space!**

SEEL  
732 18<sup>th</sup> Ave. E.  
Seattle, WA 98112

**NOTE: You may also email your application materials to [info@seelpugetsound.org](mailto:info@seelpugetsound.org) and even pay your registration fee (once your application is accepted) on-line at our website using this link:**

**<http://www.seelpugetsound.org/apply.html>**

If you have any further questions about **Spiritual Exercises in Everyday Life**, contact us at [info@seelpugetsound.org](mailto:info@seelpugetsound.org) or call us at 206-721-3518 and leave a voice mail message- we will get back to you as soon as possible! We look forward to receiving all of your application materials soon.

May the grace of God who is calling you to this transforming journey give you joy and peace!

Lisa Dennison  
Executive Director

Joy Drovda  
Seattle Lead Director

Cindy Reed  
Tacoma Lead Director

## **The Spiritual Exercises in Everyday Life Information about the Faith Autobiography**

**Please read this to assist you in writing your faith autobiography which is part of the application for the SEEL retreat. This autobiography is intended to help you see where God has been in your life and how you have been led to the point of wanting to do SEEL. This is not meant to be a laborious, anxious process. Your faith autobiography only needs to be 2-3 pages.**

Suggestions to consider as you ponder your faith history . . . .

- What has brought me to this point where I desire to do this retreat?
- What are the significant experiences, people, events that have lead me into a deeper relationship with God?
- How do I connect with God? Or how am I aware of my relationship to God?
- What has prayer been for me? How am I praying now and is that nourishing me?
  
- How has the following influenced my relationship with God: my family of origin: my parents, my birth, my gender, my culture/ethnicity, my place in my family?
- When have I experienced God being most present and absent? How has God come to me through the joy/challenges of my life?
- What are some personal qualities that I particularly like about myself? What are some qualities about myself that I find challenging?
- How/where do I find God in the social needs of our times?

**Please send a typed copy of your faith autobiography with your application to *Spiritual Exercises in Everyday Life* by July 31st. Your application and faith autobiography are confidential, and will be shared only with the SEEL Staff (Core Team) and your spiritual director.**

**SPIRITUAL EXERCISES IN EVERYDAY LIFE**  
**732 18<sup>th</sup> Ave. E. Seattle, WA 98112**  
**(206) 721-3518      info@seelpugetsound.org**

**PERSONAL REFERENCE FORM #1 - CONFIDENTIAL**

Concerning: (Name of Applicant) \_\_\_\_\_

The person named is an applicant to *Spiritual Exercises in Everyday Life* for participation in a nine month retreat done in the context of daily life and based on the Spiritual Exercises of St. Ignatius. In order to assist us in our application process we would appreciate your response to the following questions. **Please return as soon as possible and no later than Sept 1st to the address noted above.** Thank you in advance for your candid feedback.

1. How long and in what capacity have you known the applicant?
  
  
  
  
  
  
  
  
  
  
2. What do you consider to be signs of the applicant's readiness to make an in-depth retreat over a nine month period?
  
  
  
  
  
  
  
  
  
  
3. What do you consider to be signs indicating the applicant's limitations (physical, mental, emotional, family needs, other) for making an in-depth retreat?
  
  
  
  
  
  
  
  
  
  
4. What impresses/impacts you regarding his/her spirituality - relationship with God?
  
  
  
  
  
  
  
  
  
  
5. Any other comments? (Use other side if needed)

Your name (please print) \_\_\_\_\_ Date \_\_\_\_\_

Title \_\_\_\_\_ Organization \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

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**(206) 721-3518      info@seelpugetsound.org**

**PERSONAL REFERENCE FORM #2- CONFIDENTIAL**

Concerning: (Name of Applicant) \_\_\_\_\_

The person named is an applicant to *Spiritual Exercises in Everyday Life* for participation in a nine month retreat done in the context of daily life and based on the Spiritual Exercises of St. Ignatius. In order to assist us in our application process we would appreciate your response to the following questions. **Please return as soon as possible and no later than Sept. 1st to the address noted above.** Thank you in advance for your candid feedback.

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5. Any other comments? (Use other side if needed)

Your name (please print) \_\_\_\_\_ Date \_\_\_\_\_

Title \_\_\_\_\_ Organization \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_