

## What former retreatants say about SEEL

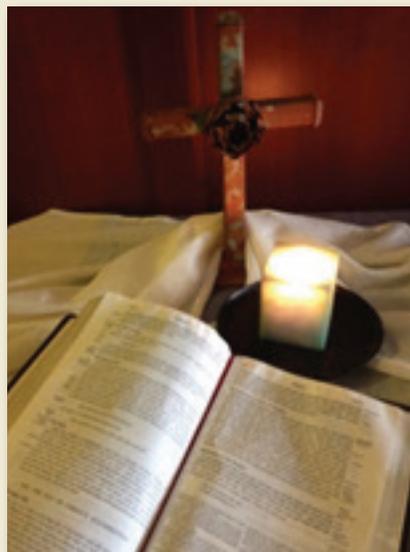
“I had moments of profound surrender into God’s love. This retreat experience was transformational for me.”

“I’m grateful for the experience of God’s love in and for me, and for God calling me to do more to share that love.”

“Thank you for providing this vehicle as an ecumenical venture to open the eyes and hearts of God’s children. I am eternally grateful.”

“I experienced release from fears and the deep sense of God’s infinite love for all of me even the parts that feel unlovable.”

“A grace for me has been getting to know Jesus on a personal level within a safe and loving community.”



The Spiritual Exercises in Everyday Life (SEEL) invites us into an intimate relationship with God that:

- integrates prayer into our daily lives,
- infuses us with a prophetic spirit and
- impels us to follow Jesus’ call to work for peace, justice, and love in the world.



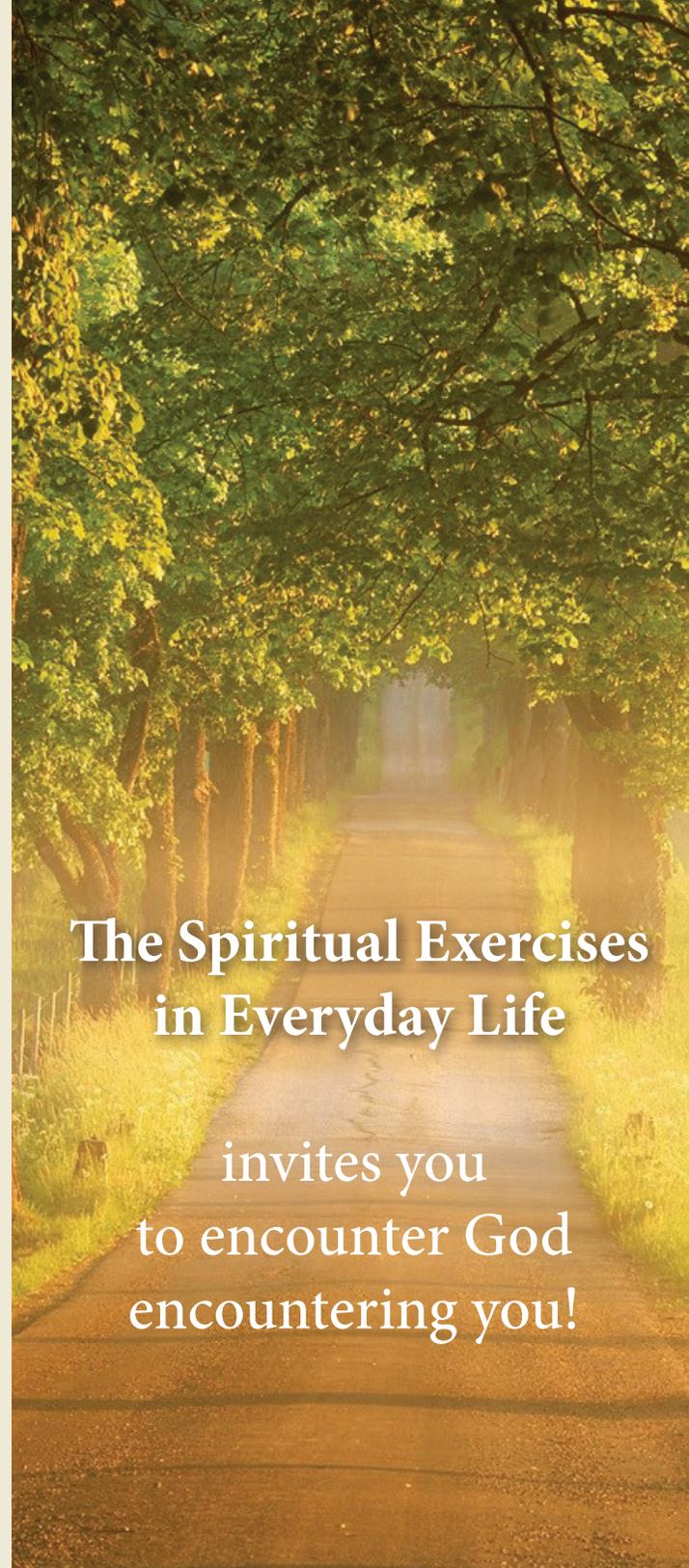
“Give me only your love and your grace,  
that is enough for me.”

*St. Ignatius of Loyola*

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**The Spiritual Exercises  
in Everyday Life**

invites you  
to encounter God  
encountering you!



## What Our Retreat Offers

The Spiritual Exercises in Everyday Life (SEEL) is a nine month retreat experience from September to May that invites you to:

- Develop a commitment to daily prayer - an hour a day is ideal
- Meet with a spiritual director twice a month for an hour
- Come together with other retreatants one Saturday morning a month at St. Joseph (Seattle) or St. Leo (Tacoma)

Those who benefit most from SEEL have:

- An openness to spiritual growth and personal transformation
- A desire to be reflective and seek “God in all things” and to draw nearer to Jesus
- An established habit of prayer/meditation and desire to deepen their prayer

Retreatants share a longing to follow God’s call in their life and to learn more about the life and mission of Jesus. Our SEEL retreatants and directors come from a wide variety of Christian faith traditions that adds to the richness of the retreat experience. SEEL Puget Sound has offered this nine month retreat since 1982 and over 1400 seekers have participated in the program.



“Teach us to give and not to count the cost.”

*St. Ignatius of Loyola*

## The Spiritual Exercises

St. Ignatius of Loyola, the founder of the Jesuits, had a conversion experience as he was healing from a wound sustained in battle. He moved from seeking power and prestige to seeking God in all things and following the life-giving way of Jesus.

St. Ignatius wrote the Spiritual Exercises beginning in 1522 in Manresa, Spain to help retreatants find spiritual freedom by experiencing God’s abiding love.

The Spiritual Exercises were originally designed as a 30 day retreat but Ignatius knew even in the 1500s that most people were unable to take a month out of their busy lives, so he created an adaptation that can be done over a longer period of time in everyday life. SEEL Puget Sound uses this model.



## Our Retreat Fee

The goal of SEEL is to make the retreat available to everyone who is ready and able to commit to the nine month experience regardless of ability to pay. The subsidized cost to guide a retreatant through our nine month program is \$1500 and we recognize that not everyone is able to pay that amount. We ask each participant to make a good faith pledge at the beginning of the retreat and make monthly payments. Some partial scholarships are available.

## How to Apply

Complete an application form and short faith autobiography which you can find on our website: [www.seelpugetsound.org](http://www.seelpugetsound.org) or call 206-721-3518 to request an application.