HOW TO APPLY TO SEEL (Spiritual Exercises in Everyday Life)  
For the Fall of 2019

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

• Application form  
• Faith Autobiography (2-3 pages, suggestions are included)  
• Mail reference forms to be completed by 2 people (please- no family members)

Return all materials by July 15th and preferably earlier as we have had waitlists for the last several retreat years. 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 15 has passed, please contact Lisa Dennison, 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 2019-20. 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. Based on the Spiritual Exercises of St. Ignatius we open ourselves to the love of God, the Person of Jesus and the movement of the Holy Spirit in our 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- St. Joseph in Seattle and St. Leo in Tacoma.

There is no set fee for the retreat. Each retreatant is asked to make a good faith offering towards the cost of the retreat. If you feel called to participate in the retreat and your application is accepted, we want you to be with us regardless of amount you can pay towards the cost of the retreat.

It may be helpful to know that it costs SEEL approximately $2100 per person to offer the retreat. This cost covers modest stipends to our spiritual directors, formation and supervision of spiritual directors, monthly retreat sessions, and overall planning and coordination of retreat program facilitated by a three- member leadership team. Prayerfully discern the amount you can pay in ten equal payments. Examples:

– Pledge of $1500, registration is $150 and 9 monthly payments of $150;  
– Pledge of $1200, registration is $120 and 9 monthly payments of $120;  
– Pledge of $900, registration is $90 and 9 monthly payments of $90;

We trust that if each person faithfully considers their offering, there will be the resources necessary to support the SEEL program.

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 or visit our website at www.seelpugetsound.org.

Wishing you blessings in the application process,

Lisa Dennison  
Executive Director, SEEL

rev 6/2019
### Spiritual Exercises in Everyday Life
#### Schedule for Seattle and Tacoma 2019-20 (Draft)

**Evening of Orientation for Seattle and Tacoma Retreatants**

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Seattle- St Joseph Church</td>
<td>Sept 10</td>
<td>6:45- 8:00 pm</td>
</tr>
<tr>
<td>Tacoma-St. Leo Church</td>
<td>Sept 11</td>
<td>6:45-8:00 pm</td>
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</tbody>
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**Saturday Retreat Days - mornings usually from 9:15- noon**

<table>
<thead>
<tr>
<th>Retreat Day</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>September Retreat Day</td>
<td>September 21, 2019</td>
</tr>
<tr>
<td>October Retreat Day</td>
<td>October 19, 2019</td>
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<tr>
<td>November Retreat Day</td>
<td>November 16, 2019</td>
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<tr>
<td>December Retreat Day</td>
<td>December 14, 2019</td>
</tr>
<tr>
<td>January Retreat Day</td>
<td>January 11, 2020</td>
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*(Ash Wednesday – February 26, 2020)*

<table>
<thead>
<tr>
<th>Retreat Day</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>February Retreat Day</td>
<td>February 8, 2020</td>
</tr>
<tr>
<td>March Retreat Day</td>
<td>March 14, 2020</td>
</tr>
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*(Easter – April 12, 2020)*

<table>
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<tr>
<th>Retreat Day</th>
<th>Date</th>
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<tbody>
<tr>
<td>April Retreat Day</td>
<td>April 18, 2020</td>
</tr>
<tr>
<td>May Retreat Day</td>
<td>May 16, 2020</td>
</tr>
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</table>
APPLICATION FOR 2019-20 RETREAT YEAR
SPIRITUAL EXERCISES IN EVERYDAY LIFE

NAME _____________________________________ BEST CONTACT PHONE _____________

ADDRESS ________________________________________________________________________

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 want to attend SEEL in:  □ SEATTLE St. Joseph Church  □ TACOMA St. Leo Church

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 **July 15**. (If it is past our deadline date- please call the SEEL office at 206-721-3518 as sometimes there is space still available.)

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

**WHAT DRAWS YOU HERE:**
1. What is your hope and desire in making this nine month retreat?

2. The SEEL retreat encourages each of us to explore and deepen our relationship to God, Spirit and the Person of Jesus. What is your anticipation, curiosity and/or resistance to this invitation?

**PRAYER**- *A big part of our retreat is dedicating time each day (an hour a day is ideal) for developing your prayer practice. It is in this intentional, daily prayer that the retreat “happens”.*

3. Describe your current experience of prayer. How do you pray? What assists you and what are challenges you face in prayer?

**YOUR AVAILABILITY**- *SEEL requires a commitment of daily prayer, attending monthly retreat mornings and meeting with a spiritual director twice a month.*

4. Can you commit to this retreat and see it as a priority? What are your other family/work/volunteer commitments? Are there any special situations in your life that may possibly affect or become an obstacle to your retreat commitment?

5. What kind of a support system do you have? (ie. family, friends) Do you feel that you have the support you need to make this commitment to God and to your retreat?
SPIRITUAL DIRECTION - Our team of spiritual directors come from a variety of Christian traditions. They are dedicated to you, as a retreatant, in meeting you right where you are and assisting you in your unique journey.

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

7. 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 HELP US MATCH 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, religious tradition, etc.):

In addition to filling out this application and writing your faith autobiography, please mail (or email) 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 or email it to us at info@seelpugetsound.org.

Send your completed application and faith autobiography to the SEEL office at the address noted below as soon as possible. Our deadline is July 15th - contact us after that date to see if there is space!
NOTE: You may also email your application materials to info@seelpugetsound.org.

SEEL
732 18th Ave. E.
Seattle, WA 98112

When your application is received, we will contact you for a brief phone interview. Once you are accepted you will receive an email and additional information on how to choose a pledge amount that is right for you. You may pay your registration fee 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, call us at 206-721-3518 and leave a voice mail message- or email us at info@seelpugetsound.org. 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  Terri LePenske  Cindy Reed
Executive Director  Seattle Lead Director  Tacoma Lead Director

rev 6/2019
The Spiritual Exercises in Everyday Life
Information about the Faith Autobiography

Our hope in you writing your faith autobiography is that it will help you see where God’s presence has been throughout your life and how you have been led to this point of applying to SEEL. This is not meant to be a laborious, anxious process, but more of a prayerful reflection. It only needs to be 2-3 pages at most.

Think of the events of your spiritual journey as stepping stones. Try to recall not just the outward events from your life but the inward meanings they had for you. Here are some suggestions to consider as you ponder your faith story:

- 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 15th. Your application and faith autobiography are confidential, and will be shared only with the SEEL Staff (Core Team) and your spiritual director.
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 to the address noted above. Thank you in advance for your candid feedback. For more information about SEEL please visit- www.seelpugetsound.org.

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 and their 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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Your name (please print) ________________________________ Date ____________
Title __________________________ Organization __________________________
Address ________________________________ Zip ____________
Phone ______________________________ Email ____________________________