HOW TO APPLY TO SEEL (Spiritual Exercises in Everyday Life)  
For the Fall of 2020

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 2020-21**. 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](http://www.seelpugetsound.org).

Wishing you blessings in the application process,

Lisa Dennison
Executive Director, SEEL  

rev 1/2020
Evening of Orientation for Seattle and Tacoma Retreatants

Tacoma-St. Leo Church       Wed  Sept 9       6:45-8:00 pm
Seattle- St Joseph Church   Thur Sept 10      6:45- 8:00 pm

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

September Retreat Day       September 19, 2020
October Retreat Day          October 17, 2020
November Retreat Day         November 21, 2020
December Retreat Day         December 12, 2020
January Retreat Day          January 23, 2021

(Ash Wednesday – February 26, 2021)

February Retreat Day        February 20, 2021
March Retreat Day            March 20, 2021

(Easter – April 4, 2021)

April Retreat Day            April 17, 2021
May Retreat Day              May 15, 2021
APPLICATION FOR 2020-21 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 would like to attend SEEL in:

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

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):

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

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

3. The SEEL retreat encourages us to explore our relationship to God, Jesus and the Holy Spirit. What is your anticipation, curiosity and/or resistance to this invitation to know God, Jesus and Spirit more intimately?

4. 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?

5. SEEL requires a solid time commitment: ideally, an hour of daily personal prayer, the monthly Saturday morning retreat days, meeting with a spiritual director twice a month. 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?
6. 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.)?

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 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

Once your application is 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](http://www.seelpugetsound.org/apply.html)

If you have any further questions about Spiritual Exercises in Everyday Life, contact us at 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    Terri LePenske    Cindy Reed
Executive Director    Seattle Lead Director    Tacoma Lead Director
The Spiritual Exercises in Everyday Life
Information about the Faith Autobiography

We hope that by writing your personal faith autobiography you will see where God’s presence has been throughout your life and how you have been led to this point of wanting to do 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.**

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 help you spur thoughts 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 - relationship with God?

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

Your name (please print) ________________________________ Date ______________

Title _____________________________ Organization __________________________

Address ___________________________________________ Zip ____________

Phone ______________________________ Email _____________________________
Concerning: (Name of Applicant) _______________________________________

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Your name (please print) __________________________________ Date ______________

Title _____________________________ Organization __________________________

Address _______________________________________________ Zip ____________

Phone ______________________________ Email ________________________________