

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

## **For the Fall of 2026**

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 31** and preferably earlier as we have had waitlists in past 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 has passed, please leave a message at (206) 721- 3518 or email us at [info@seelpugetsound.org](mailto:info@seelpugetsound.org) to see if there are spaces left. We can sometimes accommodate late registrations.*

Dear Friend,

I am delighted that you are considering the *Spiritual Exercises in Everyday Life (SEEL) Puget Sound for the 2026-2027 retreat year*. 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 Companions, and attending monthly half-day Saturday retreat days from September to May.

For this retreat year we are offering three options- **Option 1**- primarily in-person in Seattle (7 times at St. Joseph Seattle, 2 on zoom) **Option 2**- primarily in-person in Tacoma (7 times at Bellarmine Prep in Tacoma, 2 times on Zoom) OR **Option 3**- completely on-line using Zoom which allows for those unable to attend in person.

**There is NO SET FEE for our retreat.** Each retreatant is asked to make a good faith offering towards the cost of participating in SEEL. **If you feel called to participate in the retreat and your application is accepted, we want you to be with us regardless of the amount you can pay towards the cost of the retreat.**

It may be helpful to know that it costs SEEL over \$1200 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 very part-time leadership team. Prayerfully discern the amount you can pay in ten equal payments. Some examples are:

- Pledge of \$1200, registration is \$120 and 9 monthly payments of \$120;
- Pledge of \$900, registration is \$90 and 9 monthly payments of \$90;
- Pledge of \$500, registration is \$50 and 9 monthly payments of \$50;

**SEEL IS AFFORDABLE FOR ALL!** Each retreatant pays **ONLY** what they can easily afford so that everyone who is accepted can participate. We trust that if each person faithfully considers their offering, there will be enough funds needed to support our SEEL retreat.

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 Puget Sound

# **SEEL Puget Sound Schedule for Retreat Gatherings 2026-2027**

**OPTION ONE- SEATTLE mostly IN-PERSON (2 months on Zoom)**

**OPTION TWO- TACOMA mostly IN-PERSON (2 months on Zoom)**

**OPTION THREE- MEETING COMPLETELY ON ZOOM**

**Retreat Mornings: 9:30-12pm at St. Joseph, Seattle or Bellarmine Prep, Tacoma or Zoom**

September Retreat Day	September 26, 2026
October Retreat Day	October 24, 2026
November Retreat Day	November 21, 2026
December Retreat Day	December 12, 2026
January Retreat Day	January 23, 2027 <i>ALL ON ZOOM</i>
February Retreat Day	February 20, 2027 <i>ALL ON ZOOM</i>
March Retreat Day	March 20, 2027
April Retreat Day	April 17, 2027
May Retreat Day	May 15, 2027

# APPLICATION FOR 2026-2027 SEEL RETREAT YEAR

NAME \_\_\_\_\_ BEST CONTACT PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE \_\_\_\_\_ ZIP \_\_\_\_\_ Age (optional) \_\_\_\_\_

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

I learned about SEEL from: \_\_\_\_\_ Date of completed application \_\_\_\_\_

We are offering three options- **ONE- primarily in-person in Seattle** (7 times at St. Joseph Church, 2 on zoom- Jan & Feb ) **TWO- primarily in-person in Tacoma** (7 times at Bellarmine Prep, 2 on zoom- Jan & Feb ) or **THREE- attending all online using Zoom.** What is your preference? (please check one)

Option 1 -SEATTLE Mostly in-person\_\_\_\_ Option 2-TACOMA Mostly in-person\_\_\_\_ Option 3-Online-zoom\_\_\_\_

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. Our deadline is July 31. **(If it is past our deadline date- please call the SEEL office at 206-721-3518 or email us at [info@seelpugetsound.org](mailto:info@seelpugetsound.org) to see if space is still available.)**

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

## **WHAT DRAWS YOU TO THE SEEL RETREAT?**

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\_\_\_\_ Meeting preference: Meet mostly in person\_\_\_\_ Meet mostly on zoom\_\_\_\_

ANY OTHER CONSIDERATIONS (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. spiritual director, pastor, person who recommended SEEL to you, etc. Please do not have family members write a reference). They can email it to us at [info@seelpugetsound.org](mailto:info@seelpugetsound.org) or 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 -contact us after that date to see if there is still space!**

**NOTE: You may also email your application materials to [info@seelpugetsound.org](mailto:info@seelpugetsound.org).**

SEEL 732 18<sup>th</sup> 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 **SEEL Puget Sound**, call us at 206-721-3518 and leave a voice mail message- or email us at [info@seelpugetsound.org](mailto: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  
Executive Director

Terri LePenske  
Seattle Lead Director

Mary Gorman  
Tacoma Lead Director

rev 2/2026

## **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 31. 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](mailto:info@seelpugetsound.org)**

**PERSONAL REFERENCE FORM #1 - CONFIDENTIAL**

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

The person named is an applicant to *Spiritual Exercises in Everyday Life Puget Sound* 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 by email to [info@seelpugetsound.org](mailto:info@seelpugetsound.org) or to the address noted above.** Thank you in advance for your candid feedback. For more information about SEEL please visit- [www.seelpugetsound.org](http://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 \_\_\_\_\_

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

**PERSONAL REFERENCE FORM #2- CONFIDENTIAL**

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

The person named is an applicant to *Spiritual Exercises in Everyday Life Puget Sound* 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 by email to [info@seelpugetsound.org](mailto:info@seelpugetsound.org) or to the address noted above.** Thank you in advance for your candid feedback. For more information about SEEL please visit- [www.seelpugetsound.org](http://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 \_\_\_\_\_