

Dear Friend,

This letter is to introduce you to the **Spiritual Exercises in Everyday Life** – a greatly enriching experience. We are sending this information to you either because you requested it or your name was given to us by one who has participated.

Hopefully, you have had an opportunity to hear about the **Spiritual Exercises** from someone who has had this experience. We presume they mentioned their own enthusiasm and the commitment necessary to participate in the **Spiritual Exercises**.

### **WHAT IS "SPIRITUAL EXERCISES IN EVERYDAY LIFE?"**

The Spiritual Exercises arose out of the life experience of Saint Ignatius Loyola who founded the Society of Jesus (Jesuit Order) in the 16th Century. St. Ignatius developed the Spiritual Exercises based on the Gospels for a person who could get away from everyday life to spend thirty days in quiet, solitary prayer. He realized, however, for many people this time commitment would not be possible. So he created an everyday adaptation of the Exercises, often referred to as the 19th Annotation, which would be extended over a period of eight to nine months. This retreat is best suited for those who have established a discipline of regular personal prayer, have experience of sharing their spiritual journey with another, and who are called and committed to deepening personal faith and nurturing the seeds of a spirituality that transforms human society.

### **WHAT PAST RETREATANTS HAVE SAID:**

"The retreat has been one of the most significant experiences. The opportunities for grace, transformation and deepening continue to abound. I am so much more aware of and focused on God's love and compassion, the gift and blessing of my life, and the yearning of God's spirit within me to light my journey."

"I am so proud of the team and what they modeled this year for us (retreatants) in their prayerfulness, creativity, humor and humanity. The presentations each month helped move me along on my very deep journey. It is a beautiful model of church, lay men and women breaking open scripture together for all our denominations."

"This type of retreat is different. I experienced God's presence in my everyday life in an active way-speaking through the sun and rain, through strangers that I met, through my family and friends, through my own feelings and thoughts."

### **WHAT'S INVOLVED IN SPIRITUAL EXERCISES IN EVERYDAY LIFE?**

Involvement in **Spiritual Exercises in Everyday Life (SEEL)** requires a spiritual commitment and definite time dedication. **It should not be taken without thoughtful**

**reflection and prayer.** Retreatants must be willing to commit themselves to:

- One hour of prayer each day during the 9 months of the retreat.
- One joint opening session for all retreatants in Seattle.
- Eight monthly community sessions in Tacoma or Seattle depending on which site suits you best.
- Each retreatant is part of a small faith-sharing group during the monthly Retreat days. The small faith-sharing groups remain consistent October through May. Therefore, attendance at the Saturday gatherings is critical to the outcome of the retreat.
- Meetings with a spiritual director at least two times a month for approximately one hour. Directors live in Bellevue, Issaquah, Leavenworth, Puyallup, Seattle, and Tacoma, so meetings can most likely be arranged near you.  
The Core Team will match you with a spiritual director, using information from your application, faith autobiography and a preference sheet sent out in the late Summer in an acceptance letter.

## **WHAT WILL SEEL COST?**

Each retreatant is asked to make a good faith offering, to be paid over the course of the retreat year. We operate on a “fair share” pledge system. Some are able to give more, some less. We trust that if each of you faithfully considers your pledge offering, there will be enough for all. The cost includes payment for one-to-one spiritual direction sessions twice a month from the beginning of the retreat in September through May, as well as planning and coordination of the retreat. Funds from the pledges paid go to support: stipends for our spiritual directors, Saturday retreat day expenses, and for one full time employee.

**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 your financial circumstances. Prayerfully discern the amount you are able to pay in ten equal payments. Send in your first payment (which becomes your registration fee) with your registration form, application, and faith autobiography. Please contact us if you have any questions or concerns regarding the finances. We can be reached via phone at 206-721-3518 or email [info@seelpugetsound.org](mailto:info@seelpugetsound.org)**

## **WHEN AND WHERE DOES SEEL MEET?**

**Spiritual Exercises in Everyday Life** involves **NINE** sessions at the location of your choice - either St. Joseph, Seattle or St. Leo, Tacoma.

**Since attendance at the monthly sessions is critical to participation in this retreat, interested persons should MARK their calendars NOW.**

All meetings will be held on **Saturdays**, either at:

<b>Saint Joseph Parish</b> 732 18th Avenue, East Seattle, WA 98112 (206)324-8986	<b>OR</b>	<b>Saint Leo's Parish</b> 710 13th Street Tacoma, WA 98405 (253)272-5136
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◆ ◆ ◆ ◆ ◆ **THE 2012- 2013 SEEL SCHEDULE** ◆ ◆ ◆ ◆ ◆

Tuesday, September 11th Evening of Orientation for Seattle Retreatants, 6:45 - 8:30 PM  
Wednesday, September 12<sup>th</sup> Evening of Orientation for Tacoma Retreatants 6:45 - 8:30 PM

Saturday Retreat Days:

September 29	September Retreat Day
October 20	October Retreat Day
November 17	November Retreat Day
December 15	December Retreat Day
January 26	January Retreat Day
February 23	February Retreat Day (Ash Wednesday - February 13)
March 23	March Retreat Day (Easter - March 31)
April 20	April Retreat Day - Seattle
April 27	April Retreat Day - Tacoma
May 18	May Retreat Day

**YOU ARE INVITED TO CONSIDER BEING PART OF THE SPIRITUAL EXERCISES IN EVERYDAY LIFE**

We are therefore inviting you to complete the application for the **Spiritual Exercises in Everyday Life**. Please take some time to think and pray about the required commitment of time and energy and what **SEEL** might bring to you.

If you think **SEEL** is right for you, but not at this time, please indicate so on the application form and return it. We will keep you in mind for future **SEEL** retreats.



If you think **SEEL** is right for you at this time, fill out the application form, faith autobiography & registration form and return them with your registration fee as soon as possible, but no later than **September 15**. Receipt of a complete application will indicate to us your intention to make the retreat.

If you are married, you might want to invite your spouse to make the retreat, leaving him or her free to complete a similar prayerful process as you did to make your decision. Couples from past years found the shared experience extremely enriching for them together, as well as individually.

Someone with **SEEL** may contact you in order to assure us that you understand the commitment and the processes involved and to answer any questions you may have.

We usually invite more people than there is room for, so the first to respond with a complete application (application form, faith autobiography, two references, registration form and fee) will be the first considered for acceptance. Let your decision be made in a prayerful, discerning spirit and then let us know as early as possible. Some years this retreat has filled up in Seattle by early summer.

IN SUM . . .

- Take time to pray** about your decision to participate in SEEL.
- If necessary, **talk** it over with the person who invited you to participate or call the SEEL office to speak with a Core Team Member 206-721-3518.
- If your answer is **yes**:
  -  Then **send** us your completed application, faith autobiography, registration form, and fee as soon as possible.
  -  Have two people fill out the enclosed reference forms and **send** them to the address provided, as soon as possible. Ask them to let you know when they have mailed it to **SEEL**.
- Your application will be prayerfully reviewed by the Core Team Members and you will be notified concerning whether or not you are accepted into the retreat by **mid August**.

If you have any questions that you think we can answer, don't hesitate to call the SEEL office at **206-721-3518**, or email us at **info@seelpugetsound.org** or visit our website at **www.seelpugetsound.org**.

In Christ and His love,

Diane McQuiston  
Seattle Retreat Community

Mary DeForrest  
Tacoma Retreat Community

Steve Donaldson  
Executive Director

**APPLICATION FOR  
SPIRITUAL EXERCISES IN EVERYDAY LIFE**

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

ADDRESS \_\_\_\_\_ WORK PHONE \_\_\_\_\_

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

E-MAIL \_\_\_\_\_

SEATTLE GROUP       TACOMA GROUP       OPEN TO EITHER

For the Saturday Retreat mornings, the Seattle group gathers at St. Joseph Parish, 732 - 8th Ave. East, Seattle, and the Tacoma group gathers at St. Leo Parish, 710 South 13th, Tacoma.

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 directors. Note that we will match you to a director based on what you share with us as your preference in kind of director but you will not be asked to give specific names. Your application will be reviewed only by the Core staff and your director and is held in confidence. Please fill this out and return it with your faith autobiography and registration form as soon as possible, but no later than **August 1st**. (See information sheet on writing a faith autobiography.) The sooner you return your complete application, the more likely it can be reviewed for acceptance. In Seattle the retreat has filled by mid-summer.

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

**Please take time for prayer and reflection with the following questions and fill them out with as complete information as possible at this time.**

2. 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.)?

3. 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? Please be as descriptive as you can as this will help us when we match you with a director.

Continued . . .

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

- ♦ 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 searching?

- ♦ What other images of God/Jesus would you like to come to know and relate to:

5. Describe your spirituality as you know it now.

- ♦ Describe your current experience of prayer. How do you pray? How long have you been praying this way?

- ♦ How familiar are you with scripture? What assists you in your prayer (journaling, movement, music, etc)?

Continued . . .

6. What kind of a support system do you have? (Family, Friends) Do they understand about this commitment and will they give you what you need from them?
  
7. Are there any special considerations in your life that might affect your retreat, factors that would not necessarily but could become obstacles to your retreat process (e.g. situations that require your full energy at this time)?
  
8. What considerations would you want us to be aware of regarding times of day that you could meet with a retreat director (you will be meeting twice a month for approximately an hour), your ability to arrange transportation for directing sessions and retreat days, locations to which you'd be willing (or not willing) to travel, etc.?
  
9. Are you truly able to make the time commitment: an hour of daily personal prayer, the monthly Saturday morning retreat days, meeting with a spiritual director twice a month? Saturdays pose a particular concern as we try to form faith sharing groups with one another; your presence is very important. What are your other commitments? Do you need to prayerfully discern what is a priority? Spiritual Exercises in Everyday Life cannot be just another involvement. It may mean setting aside other involvements for this year.

Continued . . .

10. Do you feel you have enough interior freedom to move out of the retreat if the timing is not right or the retreat is not appropriate for you?
11. **Are you willing to be invited out of your comfort zone? Are you willing to be disturbed by God's grace?**
12. In addition to filling out this application and writing your faith autobiography, please arrange for reference forms from 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 this to you, etc.). Please send each of them the enclosed reference form.

**Send application, faith autobiography, registration form, registration fee and personal references to:**

**S.E.E.L.  
4250 S. Mead St.  
Seattle, WA 98118  
(206) 721- 3518**

**[info@seelpugetsound.org](mailto:info@seelpugetsound.org)  
[www.seelpugetsound.org](http://www.seelpugetsound.org)**

**No references from family members please.**

**Your references need to be sent as soon as possible after you have filled out this application. It is important that you know when your references are mailed to SEEL. Your application is not dated received until it is complete: application form, faith autobiography, registration form & fee, and two references received.**

Remember, your registration fee is the first of ten pledged payments. We operate on a "fair share" pledge system. We know some will be able to give more, some less than the range. We trust that if each of you faithfully considers your pledge offering, there will be enough for all.

After reading this application for Spiritual Exercises in Everyday Life, I have discerned:

- I am ready to make the retreat at this time.  
Please take time for prayer and reflection with the application questions and fill them out with as complete information as possible at this time.
- I am not ready to make the retreat at this time, contact me for next year.

If you have any further questions about Spiritual Exercises in Everyday Life, please visit our website at [www.seelpugetsound.org](http://www.seelpugetsound.org). We can also be reached via email at [info@seelpugetsound.org](mailto:info@seelpugetsound.org) or call 206-721-3518.





## The Spiritual Exercises in Everyday Life

Please read these two pages in full before writing your faith autobiography.

### ENTERING IN . . . . . MY FAITH AUTOBIOGRAPHY

Ways to ponder . . . .

- What has brought me to this point; to this retreat?
- What are the significant experiences, people, events that have lead me into a deeper relationship with God?
- How has the 'spiritual-ness' of my journey unfolded?
- 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 did I respond?
- When have I been most present or absent to God?  
What is my experience of how God responded?
- How has God come to me through the struggles of my life?  
How has God come to me through the good times of my life?
- What has been created in me? What are some personal qualities that I particularly like about myself? What are some qualities I do not particularly like about myself?
- 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?  
If and when I experience dryness in prayer, how do I respond to that experience?
- How/where do I find God in the social needs of our times?
- Pray Psalm 139. I may want to pray this Psalm each time I begin to ponder the unfolding of my life.

### About the proclamation of my story . . .

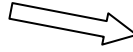
- After prayerfully considering my story, I record the significant shaping realities that have brought me to this point in my life. My autobiography will certainly be more than data, for as I pray and write the meaning and interpretation of life experiences will also be evident.

(See the back of this page for an alternative way to prepare/pray with your faith journey.)

**Please send a typed copy of your faith autobiography (about 3 pages) with your application to *Spiritual Exercises in Everyday Life* by August 1st. Your application and faith autobiography are confidential, but will be shared with your spiritual director.**

## **My Faith Journey:**

**What was the starting point?  
What initiated my journey?**



**What persons or things have  
helped on the journey?**



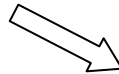
**What have I had to leave behind?**



**When has my attention been  
drawn to others in need?  
To social injustices? How have I responded?**



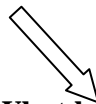
**What kinds of problems or embarrassments  
have there been?**



**What fears or doubts have  
I had on my faith journey?**



**How have some portions of the  
journey been celebrated or recorded**



**What have been some of the milestones?**



**What seems to be the future direction of my faith journey?**

