



## Interested in SEEL?

Meetings are the second Saturday of Every Month starting in September.

Time: 9:30 AM - 12 Noon

Place: Christ the King Youth Center  
Game Room (upper floor)

1080 Long Street, Richland, WA

To apply, please contact us for an application. Fill it out, and send to SEEL Tri-Cities by email or by regular mail.



We ask for a \$40/month donation, but if you can't afford it, we will work with you. SEEL is a 501 (c) (3) non-profit corporation.

SEEL Tri-Cities

Richland, WA 99352

[info@spiritual-exercises.com](mailto:info@spiritual-exercises.com)

<http://spiritual-exercises.com>

509-628-8626

*“Come to away with me to a quiet place”*

We Invite you to join us for the

## Spiritual Exercises in Everyday Life



**9 Months of Prayer**

Provided by

Spiritual Exercises in Everyday Life

**SEEL Tri-Cities**



# Spiritual Exercises in Everyday Life

We invite you to participate

SEEL is a powerful prayer experience that will change your life and bring you closer to God. The Spiritual Exercises help you:

About the Retreat

- ◆ Learn discernment rules through experience
- ◆ Deepen love for God -Father, Son, and Spirit
- ◆ Learn meditative, contemplative, & imaginative prayer
- ◆ Develop new or deeper prayer methods using scripture
- ◆ Develop a relationship with a trained spiritual director
- ◆ Foster a community that shares your commitment to prayer
- ◆ Grow in your understanding of creation, your purpose, God's love, and much more.

Fostering a deeper relationship with God



## What's Expected?

If you participate in the Exercises, we ask that you:

- Spend an hour in prayer daily
- Be willing to discuss your prayer life, feelings, values, and deep desires with your director at least one hour every two weeks.
- Attend the monthly Saturday Retreat meetings (second Saturdays)
- Keep a journal of your prayer experiences.
- Be willing to fully commit nine months to the retreat.

We invite you to come walk with us.



d through prayer and spiritual direction

## More About SEEL

These Spiritual Exercises take a person on a deep spiritual journey. We start by giving you a spiritual director to help you on the way. And we provide you with materials based on the Spiritual Exercises of St. Ignatius to guide you.

Monthly meetings teach points of Ignatian Spirituality in both English and Spanish. Plus, you'll get the opportunity to discuss your faith life with others who are on the same journey. SEEL Tri-Cities is affiliated with the Oregon Province of the Jesuits (Soon to be Western Province) and is a non-profit organization. Y se habla Español.

## Participants comments about the Retreat

"It changed my life. I can't thank you enough."

"It surprised me that I got to know God the Father in such a deep way."

"I've never had such consolation. My life is changed forever."