

SEEL 2021-2022 Season

(September through May)

Dear Friend,

I am delighted that you are considering participating in the Spiritual Exercises in Everyday Life (SEEL) for the retreat year of 2021-22. 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 daily life. Based on the Spiritual Exercises of St. Ignatius the SEEL program teaches various methods of prayer that help a person open more fully to God. Retreatants commit to praying daily (an hour a day is ideal), meeting at least twice monthly with one of our Spiritual Directors, and attending 9 monthly 2-hour Saturday retreat days from September to May. (This year's schedule is at the end of this application).

Due to pandemic restrictions, our retreat year will begin as a virtual on-line experience. In time, we may meet in person at the Parish of the Holy Spirit in Kennewick, WA. But if so, we will continue the virtual component also.

If you have any questions don't hesitate to contact me at info@spiritual-exercises.com or visit our website at <https://spiritual-exercises.com>. Wishing you blessings in the application process.

In Christ,

Ellen Tomaszewski

Ellen

Executive Director, SEEL Tri-Cities

About SEEL Tri-Cities

SEEL Tri-Cities has been providing the Spiritual Exercises of St. Ignatius to the Mid-Columbia region since 1986. We have a team of dedicated, well-trained, (though unpaid) spiritual directors who are eager to accompany you on your spiritual journey. To participate, please complete the following form and return. You may also provide us with your 2- to 3-page faith autobiography. You'll find instructions at the end of the Application. (Alternately, your faith autobiography can be completed during the first four weeks of the Spiritual Exercises, using materials we provide.)

Our SEEL staff will read your application and will respond to you as soon as possible regarding acceptance into the retreat.

Spiritual Exercises in Everyday Life Application

Application deadline is August 30, 2021

For a digital copy of this application, please call or email info@spiritual-exercises.com. For questions please email or call (509-628-8626.)

NAME _____

PHONE _____

ADDRESS _____

CITY/STATE _____ ZIP _____

EMAIL ADDRESS _____

IMPORTANT! Please list times you are available for spiritual direction.



Days of the week available (list best days) _____

Times available (list best times for each day) _____

Prefer Woman _____ Man _____ Either _____

Other Considerations (religious tradition, etc.): _____

The Spiritual Exercises are amazingly effective and change lives. So, of course, they take time.

You might need to set aside other spiritual practices, activities, meetings, etc., to give SEEL your full attention. Please put your initials next to each of the following:

- I have prayerfully discerned that I will make SEEL a priority for the next 9 months _____
- If time gets tight, I am free enough and willing to let go of other things and choose the Spiritual Exercises over other activities or spiritual practices.

Questions

Please pray with the following questions before you answer. You can add as much as you like. This information will help us in discerning a director for you.

1. What experiences (if any) have you had with spiritual direction? (This can include a prayer partner, a directed retreat, or direction)?
2. What qualities would you find helpful in a spiritual director? (This will help us when we match you with a director.)

3. Who is God from my childhood?

4. How do I see God now?

5. How would I like to know God?

6. Describe the way you pray. For example: scripture, set prayers, rosary, petition and/or thanks, just talking with God, listening, a combination?)

7. What brings you to this retreat? What do you hope to gain from it?

Finances

SEEL Tri-Cities turns no one away because of lack of funds. We have expenses, of course (director training and travel, Internet equipment for Zoom meetings, copying, materials, and more. Our biggest expense at this time is insurance.) To help defray these costs, we ask each participant to donate a monthly amount of \$40 for a total of \$360. If you can't afford this, please talk with us. We also request a deposit (suggested \$40) to hold your place, which will be your September payment.

Please know we want you to participate, regardless of what you can or cannot pay.

I enclose \$ _____ deposit with this application.

I commit \$ _____ a month for 9 months for the Spiritual Exercises in Everyday Life.

Please add other comments you have on finances (if any):

You can send funds through Paypal.com, to our email: info@spiritual-exercises.com.
Make checks out to **SEEL Tri-Cities**. Please ask by email for our mailing address.

Faith Autobiography

For this retreat, you will need to write your faith autobiography. You can do so before you begin the Spiritual Exercises. Or you can complete it during the first two months of the retreat. If you choose to write your faith autobiography over time, we will provide you with a booklet to do so at the first group meeting.

If you choose to write your faith autobiography before you begin, please find the instructions at the end of this application.

Commitments

I make the commitment to: (Please initial each line.)

- Pray daily for an hour using materials I get from my spiritual director _____
- Make SEEL a priority in my life for the next 9 months _____
- Meet regularly with my assigned director _____
- Attend monthly Saturday retreat meetings _____
- Write my faith autobiography _____
- Keep a daily prayer journal _____

Signature: _____

Printed Name: _____

Thank you very much for your interest in SEEL Tri-Cities. You will hear from us shortly.

Ellen Tomaszewski
SEEL Executive Director
info@spiritual-exercises.com

For Your Information

Dates for SEEL Retreat Meetings 2021-2022 (Online then both online and in person)

SEEL Retreat Day	September 11, 2021
SEEL Retreat Day	October 9, 2021
SEEL Retreat Day	November 13, 2021
SEEL Retreat Day	December 11, 2021
<i>Christmas Day December 25</i>	
SEEL Retreat Day	January 8, 2022
SEEL Retreat Day	February 12, 2022
<i>Ash Wednesday March 2, 2022</i>	
SEEL Retreat Day	March 12, 2022
<i>Easter Sunday – April 17, 2022</i>	
SEEL Retreat Day	April 9 (or 23), 2022
SEEL Retreat Day	May 14, 2022

Faith Autobiography Instructions

If you choose to write your faith autobiography now, please pray Psalm 139 before you begin, then write.

Include the meaning of your experiences. Grammar, punctuation, or form aren't important. Just write where God has been in your life. Questions help you know where to start but you don't need to answer all, just the ones that are relevant to your faith journey.

- How have I journeyed spiritually from when I first met Christ to now?
- What and who are the significant people, experiences, and events that have led me into a deeper relationship with God?
- What has brought me to this point, to this retreat?
- How have the following influenced my relationship with God: my parents, my birth, my gender, my culture/ethnicity, my place in my family?
- When do I most feel God's presence? His absence? What is my response to those feelings?
- When do I feel most present to God? Most absent? What do I perceive is God's response?
- How do I feel God's presence in the struggles of my life? The good times?
- What qualities do I particularly like about myself?
- What are some qualities about myself that I don't like?
- What is my relationship to God?
- What has prayer been for me? Am I praying now?
- If and when I experience dryness in prayer, how do I respond to that experience?