

Life-Changing SEEL Retreat Invitation

Are you interested in growing closer to Christ, improving your prayer life, and/or talking with a spiritual director? The Spiritual Exercises in Everyday Life (SEEL Tri-Cities) could be just what you need. Those who participate in the Spiritual Exercises are changed for life!

Preparation Days Retreat

This year, SEEL begins with a five-week Preparation Days Retreat, which runs 5 Monday evenings, September 10 – October 8, 6:30 – 8 PM, at St. Patrick's Parish Child Care Center. We will provide guided meditations, talks on certain points of Ignatian Spirituality and the life of St. Ignatius, more about how to begin praying. Each meeting will also include small group faith sharing and personal prayer time. You'll receive a journal you can use that includes all the information you'll need to begin praying the Spiritual Exercises Preparation Days Retreat and a booklet that will help you write your faith autobiography.

Spiritual Exercises in Everyday Life

After the first five weeks, in October when the Preparation Days Retreat is complete, those who wish, can continue into the full Spiritual Exercises in Everyday Life.

During the Spiritual Exercises in Everyday Life, participants:

1. Are assigned a trained spiritual director with whom you'll meet at least bi-weekly, and who will give you the materials to pray with.
2. Pray for an hour daily on your own time with materials provided.
3. Attend group meetings [first and third Mondays, starting the third Monday of October-Oct 15, 6:30 – 8 PM, St. Patrick's School, Pasco WA].
4. Keep a journal of your faith journey.

Deadline for the Preparation Days Retreat application is September 1, 2018. Space is limited, so please apply early.

For more information or to download an application, visit <http://spiritual-exercises.com>; contact Ana at 509-380-0686; or Ellen at 628-8626. Email info@spiritual-exercises.com.

SEEL Preparation Days Retreat

Application – Deadline Sept 1, 2018

For answers to any questions you might have about the retreat, please call Ellen at 509-628-8626 or Ana 509-412-4997, or email info@spiritual-exercises.com.

NAME _____

PHONE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL ADDRESS _____

Instructions

Please take time to pray with the following questions, then answer. You can add as much information as you like.

Questions

1. What experiences (if any) have you had with spiritual direction? (This can include a prayer partner, a directed retreat, or direction)?

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

3. Who is God
 - a. From my childhood?

 - b. As I know God now?

 - c. As I would like to know God?

Signature: _____

Printed Name: _____

Ways to Apply:

- Email your application to info@spiritual-exercises.com, or
- Mail your application to SEEL Tri-Cities, 146 Hills West Way, Richland, WA 99352.

SEEL asks for a \$50 donation for the five weeks of the Preparation Days Retreat. This helps pay for materials, for training of our directors, and other expenses.

Ways to Pay:

- Use PayPal and send to info@spiritual-exercises.com.
- Write a check to **SEEL Tri-Cities**. Mail checks to SEEL Tri-Cities, 146 Hills West Way, Richland, WA 99352.
- Pay at the door.
- Talk to someone about payment options.

4. Please let us know what you hope to gain from this retreat? Write as little or as much as you like.