

Spiritual Exercises in Everyday Life

Application

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 as you like. This information will help us in discerning a director for you.

Got questions? Please call Ellen (English) 509-628-8626.

Questions

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?

 - As I know God now?

 - As I would like to know God?

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

5. What do you hope to gain from this retreat?

Time

Participating in the Spiritual Exercises takes time, so you'll need to set aside other things to give it your full attention.

- Have you prayerfully discerned what your priority is? (yes or no) _____
- Are you free enough to leave the retreat if you realize you don't have the time, or something else interferes? _____

IMPORTANT: Please list the best times and days of the week to meet with a director. **(Please provide this information. We need it to assign you a director who can meet when you are available.)**



Please list days of the week and times you are available here.

Faith Autobiography

You can write your faith autobiography now, or complete it during the first two months of the retreat. If you choose to write your faith autobiography now, please pray Psalm 139 before you begin.

Pray 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 are just prompts; answer the ones that are relevant to your faith journey.

- How have I journeyed spiritually?
- What and who are the significant people, experiences, and events that have lead 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?

Finances

We ask a donation for this retreat of \$40/month for 9 months. All fees go to director training; all directors are volunteers. We turn no one away because of lack of funds. Please talk to us.

Enclosed is my complete payment for the retreat \$360 _____
 I enclose \$40 deposit with this application and promise to pay \$40/month through May _____
 I would like to talk to someone about payment. _____

Commitment

Please initial each line below.

I make the commitment to:

- Pray daily for an hour using materials I get from the retreat _____
- Meeting regularly with my assigned director _____
- Attend monthly Saturday retreat meetings _____
- Write my faith autobiography _____
- Keep a daily prayer journal _____

Signature: _____

Printed Name: _____

Be sure to include your deposit (\$40 or more) **payable to SEEL Tri-Cities**. Mail to: SEEL Tri-Cities; Ellen Tomaszewski; 211 Edgewood Drive, Richland, WA 99352