



The Spiritual Exercises in Everyday Life

Spiritual Exercises in Everyday Living (SEEL) Application

Name _____

Address _____

Phone # _____ E-Mail _____

The following questions are a means of determining the best way to help you move with ease into this 30 week retreat. Only your Director will review this application.

What has been your past experience of Spiritual Direction (e.g., within a Directed Retreat setting, ongoing direction, etc.).

Describe your spirituality as you know it now (e.g., your present habit of prayer, the length of time you have been engaging in prayer, familiarity with Scripture, the active or quiet nature of your prayer, etc.)

Are there any special considerations in your life that might affect your Retreat, factors that would not necessarily be obstacles to your Retreat process but which could become so? Can you make this time commitment?

What do you hope for from this Retreat?