

THE SPIRITUAL EXERCISES IN EVERYDAY LIFE (SEEL)

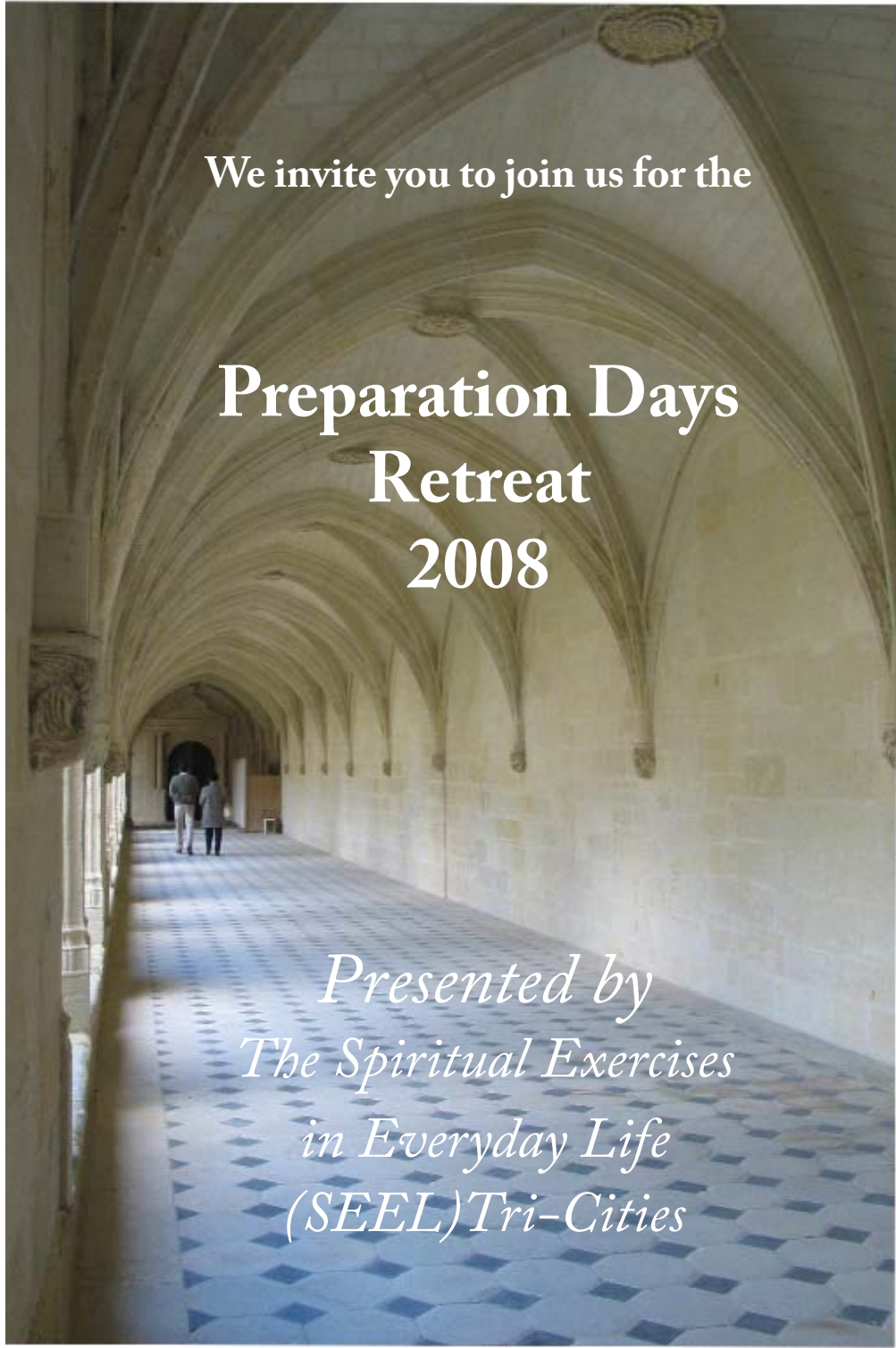
SEEL is a powerful prayer experience that will change your life. Through practice, you'll learn contemplation, meditation and other forms of prayer. You'll develop a closer relationship with Jesus and learn the rules for discernment. Most importantly, you will grow in your faith.

If you choose to continue, you will commit to:

- Meet the first Saturday of every month at Holy Spirit Parish Center, Kennewick, WA, from 9:30 AM to 12 noon.
- Meet at least every two weeks one-on-one with your assigned spiritual director (on your own schedule.)
- Pray for one hour daily (on your own schedule) using materials we provide
- Keep a prayer journal

SEEL TRI-CITIES WHO ARE WE?

SEEL is a 501 (c) (3) non-profit corporation affiliated with the Oregon Province of the Jesuits, and committed to prayer, discernment, and finding God in all things. We currently have eight trained spiritual directors who provide group and individual spiritual direction for participants.



We invite you to join us for the

Preparation Days Retreat 2008

*Presented by
The Spiritual Exercises
in Everyday Life
(SEEL) Tri-Cities*

THE SPIRITUAL EXERCISES OF ST. IGNATIUS PREPARATION DAYS RETREAT

God is alive today and desires to speak to each one of us. Yet, many of us don't know how to listen for God's voice. The Preparation Days Retreat, the first part of the Spiritual Exercises, provides a way in which you can develop your prayer life and learn how to better listen to God.

During this retreat you will have the opportunity to:

- Practice meditative prayer using scripture
- Practice small group spiritual direction
- Pray about how much God loves you
- Develop a personal spiritual foundation
- Learn more about St. Ignatius and the spirituality he developed, and how it fits into your life.
- Become well prepared to continue into the Exercises if you choose

We invite you to join the Preparation Days Retreat. Taste and see how good prayer can be for you.

RETREAT DETAILS

The Preparation Days Retreat will run five consecutive Saturdays, beginning September 13 until October 11, 2008. It runs from 9:30 to 11:20 AM. All meetings will be at the Parish of the Holy Spirit Parish Hall, Clearwater Ave, Kennewick.

The Preparation Days Retreat is a prelude to the Spiritual Exercises in Everyday Life (SEEL). When the Preparation Days Retreat is finished, you will be given the opportunity to continue on with SEEL. Group meetings for SEEL will be held on the first Saturday of every month starting in November, 2008 and they continue through May, 2009. If you continue, you will be assigned a spiritual director with whom you'll meet about every other week on your own time. You'll receive more information on the Exercises during the Preparation Days Retreat. See the back of this brochure for more on the Exercises. You can also contact Ellen at 628-8626, or visit www.spiritualexercises@msn.com online.

APPLICATION FOR PREPARATION DAYS RETREAT

Your answers will be kept confidential. The deadline is **Aug. 30, 2008.**

NAME _____ PHONE _____

ADDRESS _____

CITY/STATE _____ ZIP _____ CELL _____

E-MAIL: _____

I learned about Spiritual Exercises from: _____

1. How do you see God?
2. How would you like to know God?
3. What do you hope to gain from this retreat?
4. What experiences (if any) have you had with spiritual direction? (This can include a prayer partner, a directed retreat, or direction)?

I'm willing to commit to daily personal prayer _____
I'm willing to commit to most or all of the 5 weekly meetings _____
(If you can't make any particular meeting, we'd like to know ahead of time.) _____ Donation \$50 enclosed _____ Instead I'll donate \$

_____ I'll pay at the door
Make checks to: SEEL Tri-Cities.
Mail to Tracy Giles; 665 Hanford Street, Richland, WA 99354